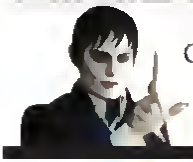
# Chichester Herald

Friday 18th May 2012
YOUR FREE WEEKLY NEWSPAPER


INSIDE



*Dark Shadows*
COMPETITION
Page 20

*Find your perfect*
PROPERTY
Page 31

*Trophy on display*
SPORT
Page 39

# £140,000 cake crime

## >> *Busy day at the office? Police force spends £140,000 hiring five press officers who tweet photographs of cakes*


*Dean Adams*
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK


SUSSEX POLICE'S controversial decision to recruit five spin doctors while simultaneously slashing the number of frontline officers has provoked new outrage after their communications manager used her official Twitter account to tweet pictures of cakes.

The new press team were hired at a cost of more than £140,000 by a cash strapped Sussex police to reassure a concerned public that laying-off 500 officers as part of swingeing £50million cuts would not harm the fight against crime.

But a busy Sarah Gillespie wrote: "A typical Friday in Corporate Comms" alongside a picture of office desks loaded with sweet treats.

"With Police forces under pressure to find necessary savings, it's incredible that Sussex has the money to expand its cake-tweeting comms department"

In March Sussex Police claimed they were advertising for new posts to maintain their...

**Continued on page 3**

MORE HEADLINES >>

BOAT FINALLY MEETS THE WATER *Page 3*

ACTION CHALLENGE RAISES £7500 TOWARDS £4 MILLION APPEAL *Page 8*

WATER BABES AND SHARKS GET TOGETHER FOR FRIENDS OF CHICHESTER HOSPITALS *Page 10*

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Local News

# Boat finally meets the water

STEP closer to this vessel, being put together at Thornham Marina near Chichester, and you notice strange objects embedded in its sides- a tennis racket, hockey sticks, a tiny train set with its railway carriages all linked

This, clearly, is no ordinary boat In fact, it's a work of art – a project curated by Gregg Whelan and Gary Winters for the Cultural Olympiad Last year, Whelan and Winters, members of the performance companyLone Twin, set out to build a seaworthy boat entirely from wooden objects donated by the public

Between February and August, they travelled south-east England, inviting people to bring them an object that held some special meaning More than 1,200 people contributed, handed over anything from a splinter of a guitar once strummed by Jimi Hendrix, to huge timbers culled from other ships

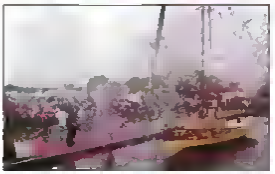
The Boat Project began in May 2000 Winters and Whelan were in Norway, creating one of the slippery, indefinable art pieces that made Lone Twin s name. The work consisted of walking back and forth across two bridges over a river, local people joined them, and the conversation soon turned to the boats below. "We got talking about the way boats open up the world," Winters says, and enable people to exchange stories.

Over the next few years, the men, then based in Totnes, Devon, became interested in the way the whole town, a historic centre for ship-building, would turn out to watch ships being launched They began thinking about building one as a way of bringing people together – or, as Winters says, of "galvanising a community" In 2000, they applied for, and got, a commission from the public art strand of the Cultural Olympiad

The Boat Project was selected to represent south-east England and awarded £500,000. The project recruited a designer and four professional boat-builders led by Mark Covell, a competitive sailor and former Olympic silver medallist It is now eight months since the team, aided by enthusiastic volunteers, spread out the donated objects and set to work on the intricate process of sawing, planing and marquetry that would turn them into a seafaring yacht

And on May Day Bank Holiday Monday, thousands of spectators joined in to celebrate the first moment the boat was publically placed on the water The boat was positioned onto the water by a large crane, where she went through the traditional blessing and champagne ceremony, performed by 12-year old Emily Covell – daughter of build team leader Mark.

Emily said: "It was amazing, such an



honour after all the work that has gone into this - it was such a privilege to be asked to do it."

And it is now not long until the 30ft maiden voyage around the south coast from Hayling Island to Weymouth, where the Olympic sailing events will take place.

• The Boat Project launches sails18 May to 11 August www.theboatproject.com

## Midhurst resident Billie Piper shows off new baby

AFTER two weeks of rest and recovery Midhurst's favourite celebrity couple have finally emerged in public for the first time with their new baby boy

Secret Diary of a Call Girl star Billie Piper, 29, was out with Lewis actor hubby Laurence Fox, 33, as they took tiny Eugene Pip for a spot of lunch

Billie looked like she enjoyed the break as her brother-in-law took up the honour of carrying the tot around town in his baby seat.

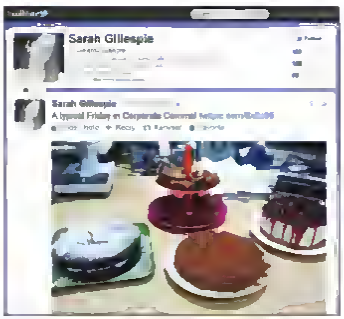
Shortly after Winston s birth in 2008, Billie revealed she was keen to have more children with the talented Mr Fox.

She said: I used to want a big family, but now I am wondering if it would be OK if Winston was an only child!

'Seriously, I would like to have three children. I'm thinking of having two close together and leaving it a while, then having another

The couple's first child, Winston, was born in 2008

**Continued from page 1**




'popular website', 'teach officers to use Twitter' and sell the idea of cuts to its workforce

All the jobs advertised had salaries of between £25,449 and £28,107

Robert Oxley from the Taxpayers Alliance said: "Taxpayers will think they are better off served by police officers rather than press officers

"With Police forces under pressure to find necessary savings, it's incredible that Sussex has the money to expand its cake-tweeting comms department but has cut the number of front line officers

'Police chiefs need to get their priorities straight, that means bobbies on the beat not spin doctors who tweet '

The force s corporate communications and public engagement department has a £1.1 million annual budget - a reduction of £16,000 since the cuts began last year

The force said it was not recruiting any extra staff but replacing five posts because of departures, maternity leave and role changes

A spokesman for Sussex Police said when the recruitment drive was first publicised, said: "Keeping the public well informed and using communications to enhance operational policing are on going priorities for us.

"The corporate communications and public engagements and public engagement department carries out a wide range of tasks from witness appeals about murders and updates during large policing events to maintaining our popular website and advising on the best ways to communicate in local areas.

"A small team of specialists provides these services in the most effective way, rather than others in the force being abstracted from their own work."

He said the department is not growing and the recruitment was caused by departures and maternity leave. Three of the posts are temporary

A Sussex Police spokesman stated: "The photo was posted by one of our staff, via her own phone and on to what was then her own Twitter account, during her lunch break.

"The contents of that account have since been automatically added to what is now her official force Twitter account.

"It is not unknown for staff in all walks of life to bring cakes into the office."

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# Worse way to go? Death by shovel

Tommy Boyd

***ECONOMY***

It s Ed Miliband and the media who are to blame that the Coalition won t budge on austerity If they do budge the cry will go out "U Turn!" and for some reason changing your mind is the biggest crime a politician can commit Worse than fiddling expenses selling out to Murdoch or sleeping around

***BERTRAND RUSSELL***

The greatest philosopher of modern times said Of course I change my mind when new information comes along Not to do so would be stupid "

***BUILDERS MERCHANTS***

I had to put up a bit of fencing and drove to a huge builder s merchant a bit nervous. Blimey it was like a giant suburb I went in and was told "You want three buildings along on the left " Anyway the two guys who looked after me couldn t have been more helpful and their Men banter was top class I took the conversation into uncharted waters pointing out how potentially dangerous half the tools on sale were They even had the type of shovel that was used in a notorious Brighton pub murder some thirty years ago "Worse way to go " I said "Death by shovel" One of the chaps disagreed "I used to work in a kitchen" he said "and the chef always said that of all the nasty equipment at one's disposal the worse way to do somebody in would be with a ladle " I nodded sagely But in the days that have gone by I find myself wondering what he had in mind

***MURDER***

It s a tricky subject murder but deserving of a moment s thought I ve known 3 murder victims my Brighton landlord, John Cartland, murdered by axe A New York flatmate machine gunned at a party and my wife's father killed by terrorists Neither the axe man nor the terrorists were caught. My wife by the way though still distraught does not bear no-one any malice nor does she daydream of taking revenge as most men would

***KILLER IN THE CAR***

I played cricket for Spelthorne as a lad and being too young to drive needed a lift to away matches Our fast bowler always offered a ride lovely bloke and we d drive along chatting He told me about joining the army then about getting his first job in civvy street about 15 years later I said "So you were in the army for 15 years?" "No" he replied "I was in the army for six months I got into a feud with the sergeant and to cut a long story short, shot him dead I did 15 years in prison "

***ART FOR ALL***

This column s friend the gallery owner and occasional supplier of jokes drove past my house when I was putting up the aforementioned fence and was kind enough to supply the one whose slightly unsettling keynote a overshadowed by its topicality and possibly portentous overtones

***JOKE***

The German Chancellor Angela Merkel arrives at Paris Airport to visit President Hollande The immigration officer asks "Name" she replies "Angela Merkel" He says "Nationality?" She says "German" He says "Occupation?" She replies "No I m only here for a few days "

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## Tweets of the Week!

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"15 people woke up in our cells this morning, 8 of those were #Chichester related crime #keepingourstreetssafe"

@Sussexinfo

"Awesome Great to see that @ waitrose #Chichester stock 13 beers brewed in Sussex from 6 of our breweries #beer"

@jools_octavius

"very early stages as yet! #chichester a fab place - what brings you here?"

@DawnGracia

"I think I need to have a rant in a blog about non-users of social media! Their lack of acceptance is so irritating"

@wittanguk

"I saw it - did you see it? I think its called sunshine, please don t anyone in #chichester blink!"

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Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld, newsagents One Stop Chichester College plus nearly 200 newspaper stands in the area Chichester Herald is also in all coffee shops We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

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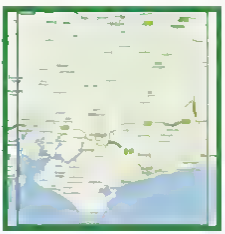


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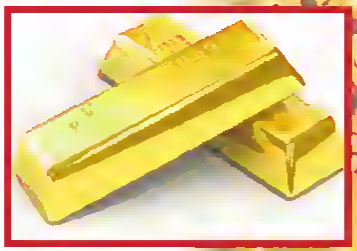

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# College go for record

CATERING and Hospitality students from Chichester College will be joined by pupils from local schools in an attempt to break the Guinness World Record for the world's biggest smoothie today (Friday).

The world record breaking attempt will be taking place at Chichester College on the morning of the 18th and from 11am onwards everyone is welcome to come and claim a FREE smoothie. 1300 litres of smoothie will be produced in a huge refrigerated vat at the front of the college. To help achieve the challenge Kenwood have provided the college with a number of food processors and blenders which will be used by students and pupils to create smoothie mixture which will be added to the large vat with the quantities totalled as the morning goes on. An independent adjudicator will be present to confirm whether the world record is indeed broken.

The Smoothie Challenge is part of the College's Food and Travel Festival which involves cooking demonstrations from local chefs, round the world cookery stations where you can watch demos, have a go yourself and sample food from round the world. Visitors can dine in the outdoor marquee restaurant, pick up a picnic box (and eat it in or outdoors depending on the weather) or enjoy a hog roast.

Demos start from 10.30am and entry to the event is free. Despite the inclement weather recently the College is hoping for a good turnout and a big demand for free smoothies.

# Seven charged

SEVEN North Kent men are due to appear in court after a police enquiry into a fight at a Sussex holiday resort. All seven have been charged with affray.

All are due to appear on bail at Chichester Magistrates court on Wednesday 23 May.

Thirteen people were arrested after police were called to a fight at the Butlins holiday park in Bognor at about 12.20am on Saturday 5 November following a report of a several assaults. Six people were taken to hospital as a result of the incident.

Following consultation with the Crown Prosecution Service charges have not been made against the other six people arrested.

## Five 'Junior Savers' Schemes successfully launched with local schools

SINCE February this year, children from five Chichester primary schools have been taking part in an exciting new project to encourage and help them to save money.

Working with West Sussex Credit Union, they have all started their own Junior Savers accounts, where each week pupils bring in pocket money or money they have earned at home doing jobs to save in their own account. The deposits are paid into secure savings accounts with the Credit Union, which the young people can monitor on-line.

Anthony Deveson from the Credit Union said: "The children love putting their learning about money into practice and the scheme helps them develop a savings habit for the future."

Children at some of the schools have even presented their own assemblies to tell the other children about the benefits of saving and why the Credit Union is the best place for their money.

The project has been supported by local housing association Hyde Martlet, part of The Hyde Group, Chichester District Council and the England Illegal Money Lending Team's 'Stop Loan Sharks' campaign. All were keen to encourage children to understand the importance of good money management and saving for their futures.

Andrew Pilley, Chichester District Councils' Community Development Manager said: "All involved recognise the importance of financial literacy for young people, and this innovative scheme allows them the opportunity to learn and save in an easy, safe, ethical way."

# Local schoolchildren use their senses at RSPB Pulborough Brooks

CHILDREN from five West Sussex primary schools were invited to look, listen, feel and sniff their way around RSPB Pulborough Brooks nature reserve on the opening of a new sensory garden.

The new garden was designed by Hayley Coleman, a teacher training student at the University of Chichester, following on from her work experience at the West Sussex nature reserve last year.

Alongside setting up the garden itself, Hayley and fellow students Jaimie McBroom and Emily Collins created a new outdoor learning programme to help schoolchildren explore the natural world in a new way.

The children enjoyed making and playing musical instruments in the woodland, listening to a story about the difference one person can make to the environment and they discovered a great variety of plants with amazing leaves, flowers and smells.

Hayley said: "The response from two local companies was amazing and we received a delightful range of fragrant, textured and brightly coloured plants from Jo at 'The Village Florist' in Storrington and Peter from West Chiltington's 'Village Nurseries' along with other planting materials."

The teacher training programme at the University of Chichester has won awards for its innovation and students are tasked with projects that benefit a local community, charity or school whilst linking in to the national curriculum.

Jackie Day, education officer at Pulborough Brooks said: "Increasingly, learning outside the classroom is being recognised as a benefit to children's learning.

"Not only has this project enabled us to support newly qualified teachers as they start their new careers, but means we have a fantastic resource and set of activities that all children can benefit from. We've located the garden in our explorer meadow so that families can enjoy it year round."

The education programme at RSPB Pulborough Brooks has been awarded the 'Learning outside the classroom' quality badge and currently meets around 3,500 schoolchildren each year.

# Fishbourne's eight in a row

THE 8th annual Fishbourne Flat Five will take place on Sunday July 8th as this hugely popular event will, as ever, be a 5-mile run/walk following the traditional course around the harbour.

All participants will meet at the Fishbourne Centre (PO18 8BE) at 09.45am with the event starting at 10.00am. This event is aimed at competitive runners and first timers as well as individuals or groups who enjoy walking round the harbour.

This year, the event is delighted to announce that money will be raised for the new Children's Play Area in the village of Fishbourne.

Co-Organiser Geoff Hand says: "The Play Area Task Group is very grateful to everyone involved in this year's Fishbourne Flat Five event. The money you raise will not only provide local children with exciting play activities but also help their social, physical and mental development so that they will lead healthier lives as future adults."

The website for entries is www.fishbourneflatfive.co.uk

## Grass cutting programme for summer now underway

GRASS cutting teams have begun mowing highway verges as part of West Sussex County Council's summer works programme.

The County Council is responsible for 12 million square metres of grass verges across the county in both rural and urban areas.

Verges in urban areas are cut seven times during the growing season between March and October. This is more frequent than the recommended safety level of five times during the same period.

The first urban cut of the year was carried out by contractors in March and the second urban cut is now underway. Verges in rural areas are cut once a year, with two further one-metre wide cuts carried out during the growing season.

This is done to stop grass and vegetation hanging over the road, causing reduced visibility for motorists and other problems.

The first one-metre wide cut in rural areas has started.

Due to the wet conditions and the accompanied risk of damage to the highway verges from the mowing machinery, the County Council has been unable to cut the grass in the quantities it anticipated.

This has meant the urban grass cutting programme is about nine days behind the normal schedule.

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# Action Challenge raises £7500 towards £4 million appeal

SIX supporters set off from London to Brighton on a 100km walk to raise money for the Aldingbourne Trust. The Challenge began with an aerobics warm up session given by Mr Motivator. After just over twenty hours of walking day and night they were welcomed by friends and families at Brighton Racecourse on Sunday morning.

Anne Sprules, one of the challengers said: "We were so lucky that the sun was shining as we set off from Richmond along the Thames Path. Our spirits dropped from about 50km as the ground got wetter and muddier. At one point we were walking through fields with the puddles coming over our shoes. It was far more difficult a challenge than I had anticipated."

The challengers walked through the night with head torches to show them the way. For most of the night they were walking through woods on extremely muddy paths and crossing lots of rivers. Abigail reported: "At 94km I had to stop for some First Aid at which point one of the First Aiders said that 48% of starters had dropped out due to the horrific conditions and that one participant had fallen in a river overnight. This wasn't surprising as at the bottom of a muddy path you were often greeted with two planks of wood crossing a river and you can imagine how slippery they became with the volume of mud on people's feet. However, I am really pleased that we managed to complete the course – it was a real challenge and I have fantastic blisters to show for it!"

Two of the challengers, Ali and Jono Alder, will now go onto complete the Moonriders challenge in June in which they will cycle from London to Brighton overnight. Ali said: "The walk was the hardest thing I have ever done in my life. Challenge is too small a word to describe it and I have done lots of challenges in the past including running events and freefalling 13,000 feet. We are no longer worried by the cycle ride as it will be easy by comparison."

The challengers so far have raised £7,500 for the Aldingbourne Trust, a West Sussex charity supporting adults with learning and/or physical disabilities. The Trust aims to raise £4million in the next three years so that it can build new conference facilities, a cafe and shop at the Aldingbourne Country Centre in order to train adults with disabilities in real life settings to gain the necessary skills to gain employment opportunities. If you would like to sponsor the challengers please visit: www.charitygiving.co.uk/aldingbournetrust

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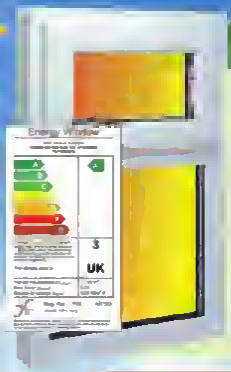


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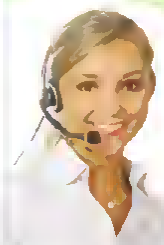

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## There's a New Chaplain on the Block

"THE EXERCISE will do me good if nothing else," says new Hospice Chaplain Nick Fennemore who, with his wife, Edwina has signed up to take part in St Wilfrid's Silver Moonlight Walk as he looks to the future with St Wilfrid's Hospice.

Nick has come to St Wilfrid's following a brief period at another hospice and is full of ideas for the future which includes looking at how we can improve dying for everyone in West Sussex. He says: "At the Hospice we are in a very privileged position offering quality specialist end of life care to patients who have been referred to us, their family, friends and loved ones.

"We care for people in many settings – the Hospice inpatient unit, The Day Hospice, care homes, hospital and at home and I would like to use our care as a model to roll out in the district and make end of life care available for all those who have life limiting illnesses in and around the area."

Having been a Hospital Chaplain for 26 years in South London, Oxford and Portsmouth, Nick added: "I hope to run pastoral training courses so that we would continue to develop links into the community. At the end of the day it's all about living life to the full for as long as you can."

# Water Babes and Sharks get together for Friends of Chichester Hospitals

MIDWIVES at St Richard's are getting ready to make a splash - they are taking part in Chichester Lions Swimathon at Westgate Leisure this Saturday (10 May) to raise funds for the Friends of Chichester Hospital's £100,000 project to reorganise and modernise the Antenatal & Children's Waiting Area in Women & Children's Block. Instead of a birthing pool in the Labour Suite, they will be taking to the water to swim as many lengths as possible in 30 minutes. Six teams are taking part altogether, including doctors, managers and community staff.

The Friends are funding the changes to give patients more comfortable seating, a dedicated private room for confidential discussions, and improved and flexible facilities for parent education and health classes. Thousands of patients each year use the waiting area, for EPAC (early pregnancy advisory service), antenatal clinics, paediatric clinics and gynae services. The existing waiting area was draughty, uncomfortable, shabby and lacked facilities for patients to discuss sensitive problems in privacy.

The opportunity to revamp now came with the modernisation of the first floor of the Women & Childrens Block which has meant changes to the entrance area.

Friends' Chairman Jane Ramage commented: "The Maternity staff at St Richard's are very keen to give their patients a better environment when attending clinics, and this will make a real difference to hundreds of patients each week. Expectant mums who spend a lot of time attending checkups, gynae patients who are very anxious, and parents taking children to paediatric appointments - all will benefit from these, especially from more comfortable seating and greater privacy when they need to make appointments for further investigations.

"The Friends are delighted that so many staff are getting behind our effort to raise funds for the improvements – it's really sporting of them, and typical of their dedication to patient care and their enthusiasm for enhancing the patient experience."

The six staff teams have chosen appropriate brand names - the M & Me (Midwifery Managers - aka the "little sweeties"), the Water Babes (Antenatal team), Community Crawlers, Safety Sharks (clinical effectiveness), Tasha's Tangmere Team and the Sharks (medical team).

To sponsor the teams, sign up at Women & Childrens clinics, visit www.btmydonate.com or send a cheque to Friends of Chichester Hospitals, Friends' Office, St Richard's Hospital, Spitalfield Lane, Chichester. PO19 6SE. www.friendsofchichesterhospitals.org.uk

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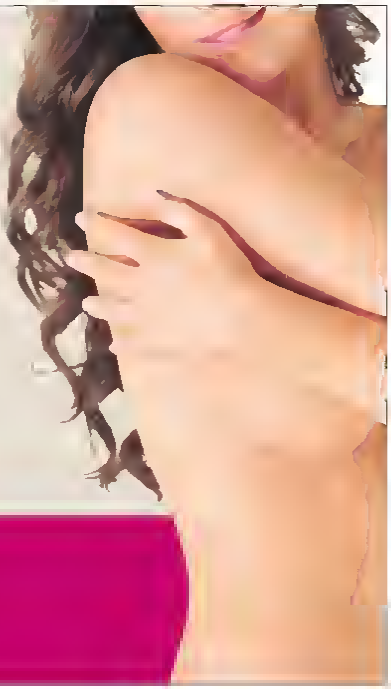

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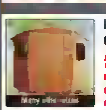

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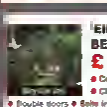

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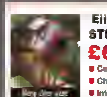

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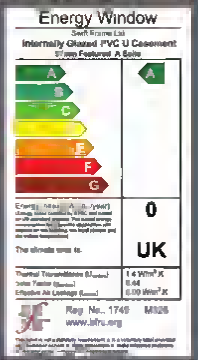


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# Future of the art world showcase their efforts

ART collectors and critics will descend on Chichester this week to see the first works of student artists graduating this summer

End-of-year degree shows offer the first opportunity to view and purchase artwork from student artists who will work to build a greater profile in the coming years The University of Chichester is one of the first to hold its degree exhibition event, marking the start of the show season for universities.

The exhibition in the artOne building at the University's Bishop Otter Campus in Chichester opened to the public on 12th May and runs until Sunday 20th May It will feature work from 37 different artists, some of whom are mature students, all are endeavouring to forge new careers and to follow their creative passion

Steve McDade, Head of Fine Art at the University of Chichester, said "Our students are given the opportunity to develop their creativity, and the freedom to find their personal voice During their time here, they will have developed a level of consistency in their work that demonstrates their professionalism."

Opportunities exist for art lovers to show their support for students by purchasing pieces of their work at affordable rates Last year's show proved how it can also be a springboard to further success Katie Martin is now the Cass Sculpture Foundation co-ordinator at Goodwood Sculpture Park, an internationally-renowned venue for some of the biggest names in contemporary art, while Sarah Ridley received a commission from Chichester District Council.

Talking about the class of 2012, Steve said "The 2012 year is a strong one, driven on by some ambitious mature students who have grabbed the opportunity, driven themselves forward, and lifted the rest of the group to achieve exceptionally high quality work across a whole range of different practices and material outcomes They have exceeded their own expectations, which is what we help them to achieve.

"Evidence shows that many students will carry on in the art world and become established artists It may take time but in 10 years' time they will have significant profiles."

The show is open between 11am and 7pm between today (18 May), and between 11am and 4pm this weekend.

# The Floral Fringe Fair

**Bignor Park, near Petworth, RH20 1HG May 19th and 20th from 10am to 5pm both days Admission £6, children under 14 free Dogs on leads**

THE FLORAL FRINGE FAIR is going to be a quirky, wildlife-themed event set on the beautiful, 1,200 acre, hidden estate of Bignor Park near Petworth, deep in the heart of the South Downs National Park.

The organizers are passionate about encouraging people to make their gardens more wildlife-friendly, working on the fringes of their gardens, allowing them to be more natural, to provide shelter and food for insects, animals and birds.

The wildlife theme is seen in the choice of nurseries attending selling wildflowers and plants to attract insects and birds, as well as unusual shrubs, veg plants, alpines and conservatory plants. Also present will be The Sussex Wildlife Trust, RSPB, Butterfly Trust, Woodland Trust, The Sussex Bat Group and a bumblebee expert A moth trap will be set on the Saturday night to be opened on Sunday morning The Bumblebee expert will be giving short talks. We also have Jean Griffin from Radio Sussex's Dig It programme coming on the Saturday to answer gardening queries We have several alternative therapists such as an aromatherapist, a herbalist and a Bach flower practitioner

Hand-made contemporary crafts will also be important with a local woodcut artist, a felt textile maker, two very different blacksmiths, a chair maker, coastal art, glass artist, machine embroidery, various hand sewn and also hand printed original articles for the home and garden As well as that there will be vintage and upcycled garden items. Plus much, much more.

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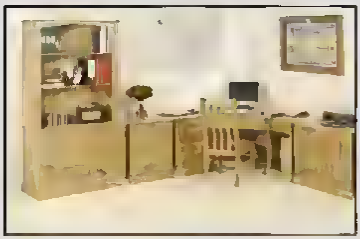

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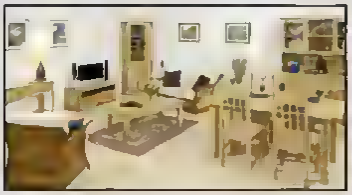

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## Calling potential foster carers in Chichester

FIND OUT more about fostering children and young people and celebrate Foster Care Fortnight at a drop in session in Chichester this month.

West Sussex County Council is holding the informal session for all prospective foster carers on Tuesday May 22, from 10am to 4pm, at Chichester Library, Tower Street, Chichester, PO19 1QJ.

It's a chance for people to talk to members of the fostering team and ask any questions they may have.

Foster Care Fortnight runs this year from Monday May 14 to Sunday May 27 – the County Council is using the national campaign to highlight the need for more foster carers to come forward and give security and stability to children in care.

Foster carers come from all walks of life and from a range of cultural and ethnic backgrounds. People from a variety of backgrounds can apply to foster, regardless of their marital status or sexuality.

Fostering can be either short or long-term and can range from just a few days to several years. There are also several different types of fostering.

Foster carers receive a comprehensive support package from the Council, including ongoing training and financial allowances to meet the needs of the children and young people in their care.

For further information visit the website at www.westsussex.gov.uk/fostering

## Charity shops join forces in national campaign for donations

MAJOR national UK charities – as well as hundreds of smaller charities and local hospices – this week joined forces in a drive to generate more donations for charity shops.

The Choose Charity Shops campaign, led by the Charity Retail Association, is being supported by St Wilfrid's Hospice, Chichester in the hope to get more donations through the shops doors.

Charity shop popularity is at an all-time high, and charity shops raise over £200 million every year for a huge range of charitable causes. They provide 180,000 volunteering opportunities, and 17,000 jobs nationwide. In addition, they re-use and recycle whatever they can, reducing UK carbon emissions by approximately 3.7 million tonnes every year.

However, they thrive on donations of unwanted items, and many shops are facing real difficulties in getting donations through the door. The majority of people in the UK have unwanted items of clothing in their wardrobes that they aren't using, let alone other household items such as toys or bric-a-brac, that could be put to use by charities.

This week nearly 6,000 charity shops in the UK are coming together to ask members of the public to make a donation to a charity shop in their area and pledge to donate to charity shops for the coming year.

Events are taking place across the country to support the campaign. Ministers and MPs, including Eric Pickles, Theresa May, Danny Alexander and Hilary Benn are taking part and making a donation to their local charity shop – and charities are organising events locally to encourage more members of the public to donate.

Warren Alexander, Chief Executive of the Charity Retail Association, said: "Charity shops simply can't survive without donations of items from the public to sell, and the thousands of charity shops taking part in this week's campaign shows how big an issue this is. Donating items to a charity shop is a great way to support a good cause when people have less money to give by way of cash donations. This week, charities across the country are joining forces to ask the British public to have that clear out and take unwanted items down to their local charity shop."

Siobhan Robinson, Trading Manager of St Wilfrid's Hospice, said: "St Wilfrid's Hospice shops rely totally on the support and generosity of the local community. We have 12 shops that need a steady supply of donations and we hope this scheme will encourage new donors to support the work of the Hospice."

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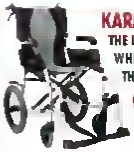

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# Future PE teachers develop learning skills with special needs pupils

TRAINEE PE teachers at the University of Chichester have been putting their skills to good use by helping students from three special schools in West Sussex.

A group of 30 pupils from St Anthony's School and Fordwater School Chichester and Herons Dale Primary School in Shoreham were taught to play disability sports such as boccia, wheelchair basketball, wheelchair football and table cricket by first year students from the University.

The session at the University campus in Chichester at the end of March was designed to help the PE teachers of the future to learn how to work with pupils with complex needs. There is a shortage of mainstream school teachers with experience of working with this group of pupils, and giving students this opportunity will make them stronger candidates when applying for teaching jobs after graduating.

Rachel Mackinney, Senior Lecturer in PE at the University of Chichester, said: "Training for our students has been provided by Nikki Richardson at Seagulls Specials, a community project run by Brighton and Hove Albion Football Club. The individual activities were selected as they can be played by all children whatever their abilities.

University [illegible] at St Anthony's School in Chichester

"For many students, this would have been the first time they would have worked with children with complex needs. Both the children and our students had a great time at the session, and we certainly plan to repeat such an event in the future."

# Going wild with Ed

Ed Rowsell

**WELCOME to Chichester Harbour Area of Outstanding Natural Beauty The harbour is a great place to get close to nature Each month Ed Rowsell, Conservation Officer for Chichester Harbour Conservancy, gives a brief update on what you should be looking for as you explore the harbour by land or boat**

**Birds**

The Cathedral Peregrines have hatched all four eggs, the parents are now busy feeding the chicks And what parents they are successfully rearing chicks year on year' Other birds well into breeding include Starlings, Mute Swans and Mallard, all of which have chicks The recent heavy rain has caused problems for ground nesting birds especially Lapwing, who are suffering flooded nests.

**Mammals**

The persistent rain will be a problem for all of the bat species. It increases the energy costs of flying and reduces the insect life that will be in flight

There has been an unusual recent sighting of two Atlantic Grey seals, alongside the more regular Harbour Seals.

**Reptiles and amphibians**

Ponds are now full of masses of tadpoles As they get bigger it is easier to identify if they are frogs or toads Frog tadpoles are speckled, while toads are uniformly black (or dark brown)

**Plants**

In our woodlands Bluebells and Primroses are still looking great Along hedge banks and road verges things are happening a bit slower than normal with the white flowers of Lesser Stitchwort and Garlic Mustard (Jack by the-hedge), and the blue of Green Alkanet in bloom In grasslands the early flowering (but quite rare) Green Winged Orchid is now flowering

**Sightings**

Please report any interesting sightings to the Harbour Office, particularly of Brown Hares and Water Voles

Royal Bay Nursing Home is based in Barrack Lane, Bognor Regis and is registered to provide Nursing Care to older persons and young people with disabilities The home has trained nurses on duty 24 hours a day leading a team of carers most of which have been trained to NVQ level 2 and above

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| | | | |
|---|---|---|---|
| NOV | 05 | Christmas by Candlelight Snowdonia | 5 days From £327 |
| | 09 | Sidmouth Turkey & Tinsel | 4 days From £243 |

## Christmas Markets *continued*

| | | | |
|---|---|---|---|
| NOV | 10 | In Memory Lille & Ypres | 3 days From £185 |
| | 12 | Valkenburg Turkey & Tinsel | 5 days From £331 |
| | 16 | History & Mystery | 4 days From £337 |
| | 20 | Thursford Spectacular Mini Break | 3 days From £241 |
| | 23 | Festive Season in York & Haworth | 4 days From £218 |
| | 23 | Thursford Spectacular | 4 days From £285 |
| | 26 | Warner Bembridge | 5 days From £361 |
| | 30 | Thursford Spectacular | 4 days From £285 |
| | 30 | Bath Christmas Market | 3 days From £157 |
| | 30 | Christmas Markets Double | 3 days From £173 |
| DEC | 02 | Christmas Concert at the Royal Albert Hall | 3 days From £196 |
| | 03 | Bruges Christmas Market | 4 days From £274 |
| | 07 | Lincoln Christmas Market | 3 days From £158 |
| | 14 | German Christmas Market | 4 days From £276 |
| | 19 | Thursford Spectacular Mini Break | 3 days From £241 |

## Christmas Holidays

| | | | |
|---|---|---|---|
| DEC | 21 | Christmas in Austria | 5 Days From £699 |
| | 23 | Christmas in Cheltenham | 5 Days From £495 |
| | 23 | Christmas Between the Yorkshire Moors & Durham Dales | 5 Days From £467 |
| | 23 | Christmas in Bournemouth | 5 Days From £525 |
| | 23 | Christmas in the Cotswolds | 5 Days From £479 |
| | 23 | A Return to Christmas at Limpsy Stoke | 5 Days From £461 |
| | 28 | Twixmas Break in the Cotswolds | 3 Days From £171 |
| | 30 | New Year in Bournemouth | 4 Days From £339 |

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## Chichester Business

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# In need of a new look?

A WORKSHOP specifically designed to help you solve your styling dilemmas and hone your individual fashion and style skills will be hitting Chichester this coming Monday (21 May) with the first of many monthly sessions.

Gay Richardson, the brains behind 'Style Me Confident' (www.stylemeconfident.co.uk) is hoping for a 'buy less - wear more - always look & feel fabulous' outcome

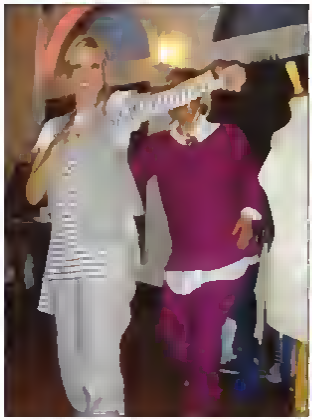
She says: "I decided to run them as I have loads of style information to share and because of the recession I kept the price affordable so, anyone who is interested in fashion / style could come along. It seems to be a great combo and I have been running them in Worthing since January, and they have been extremely successful.

"We started with about 25 ladies attending and now have 45 there with regular comments of 'Really worthwhile, gives you new ideas and styles' and 'Well worth it even if you think you think you're doing Ok' amongst the feedback we get."

Workshops will be monthly on Monday evenings at the Ship Hotel in Chichester from 7.30-9pm at a cost of £12 per person including a drink (tea/coffee/juice)

Each month 'Style Me Confident' focus on a style issue that many of us struggle with and find frustrating. The first one is on May 21 called 'How to Accessorise'

- Hairstyles - the accessory you wear every day
- Hats - for those special occasions
- Jewellery - earrings, necklaces, bangles
- Belts - it's about the shape & width
- Scarves - 3 ways to tie a scarf
- Bags - as part of your capsule wardrobe
- Shoes - the final flourish



More details and how to pay are on the website

www.stylemeconfident.co.uk/how-to-workshops

Booking is essential as they have limited numbers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Chichester Business

# Bids open for share of Social Enterprise funding

APPLICATIONS for grants from West Sussex County Council's Social Enterprise Fund have opened for this year

People and organisations such as community or voluntary groups and social enterprises are invited to bid for a share of more than £250,000 with ideas that benefit the county economy, community and environment.

These could include projects that meet health and wellbeing targets, or help local communities take a more active role in running services

The deadline for the return of completed applications is midnight on July 30, with the winners announced in October. Bids for more than £30,000 will be considered, but will be supported only in exceptional circumstances.

A social enterprise describes a business model where profit is reinvested mainly to fulfil social objectives or grow the business, rather than maximise profit for shareholders and owners

Examples of social enterprises include some co-operatives and staff mutuals, social firms, community interest companies, some companies limited by guarantee or shares, and community enterprises.

One successful bid last year came from the YMCA, which was awarded £15,000 to expand its current Brighton-based painting and decorating social enterprise into Crawley, Horsham and Mid Sussex, providing support, employment and training for vulnerable and unemployed 14 to 25 year olds.

Another came from Chichester Mind, which received £15,000 for its South Downs Rural Outreach Project to help promote mental health and wellbeing in the area

To help applicants, West Sussex County Council, which leads a network of organisations supporting social enterprises, has arranged four free half-day morning workshops.

These will be held on May 22 at Crawley Library; May 25 at Field Place in Worthing; May 28 at Billingshurst Community and Conference Centre, and May 31 at the University of Chichester

Two free full-day workshops to help people develop ideas, business plans and a budget will be held on June 26 and June 29 at a venue still to be confirmed. It is not compulsory to attend a workshop before applying

Cabinet Member for Finance and Resources Michael Brown said. "The Social Enterprise Fund is an important part of our strategy to improve the economy, community and environment of West Sussex.

"We want to see a variety of entries, and would encourage anyone interested to attend the workshops to find out more.

"Experts from the West Sussex Social Enterprise Network and the local Council for Voluntary Service will be there to answer questions and provide guidance."

People are being asked to email social enterprise@westsussex.gov.uk with contact details, and indicating which workshop they wish to attend.

For further information click on www.westsussex.gov.uk/sef or www.wssen.org.uk or email social.enterprise@westsussex.gov.uk.

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# Entertainment

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# Dark Shadows (12A)

THREE out of Five stars

**Running time: 114 mins**
**Director: Tim Burton**
**Starring: Johnny Depp, Johnny Lee Miller, Michelle Pfeiffer, Eva Green, Chloe Grace Moretz, Helena Bonham Carter, Jackie Earle Haley, Bella Heathcote**

**Dark Shadows has a strong opening and a decent first half, but it loses its way badly before the end and becomes increasingly flawed and frustrating in equal measure, though it's still worth watching thanks to its striking production design and enjoyable performances from Depp and Green.**

**What's it all about?**

Directed by Tim Burton, Dark Shadows is based on the cult 1960s TV series and stars Johnny Depp as Barnabas Collins, a 200 year old vampire who was cursed and imprisoned by a witch (Eva Green as Angelique) in the late 1700s after he spurned her advances. When workmen accidentally release Barnabas in 1972, he returns to his ancestral mansion only to discover that the family fortunes have dissipated and the huge house is populated by his dysfunctional descendants – matriarch Elizabeth (Michelle Pfeiffer), her rebellious teenage daughter Carolyn (Chloe Grace Moretz), lonely young boy David (Gulliver McGrath) and his ne'er-do-well, widowed, disinterested father Roger (Jonny Lee Miller) – and various employees, including alcoholic Doctor Hoffman (Helena Bonham Carter) and newly appointed nanny Victoria (Bella Heathcote), who just happens to be the spitting image of Barnabas' lost love Josette.

When Barnabas discovers that Angelique is still alive and has stolen the town's fishing business that once belonged to his family, he vows revenge upon her, but the witch is still obsessed with Barnabas and isn't about to go down without a fight.

**The Good**

This is Depp's eighth collaboration with Burton (and his fifth in a row) and Barnabas is a worthy addition to his gallery of oddball characters, delivering delicious deadpan dialogue and generating strong chemistry with both Green and Pfeiffer. Similarly, Green (wearing a variety of eye-popping, cleavage-friendly costumes) is perfectly cast as Angelique (her wild staring eyes working overtime) and there's strong support from Pfeiffer and an even-more-pouty-than-usual Moretz.

The script has a lot of fun with Barnabas' bemusement at his brave new world (e.g. ripping open a TV shouting "Reveal yourself, tiny songstress!") and there are several decent gags, at least in the first half. On top of that, Rick Heinrichs' production design is extremely impressive and Burton gets good mileage out of a rocking 70s soundtrack as well as an effective Danny Elfman score.

**The Bad**

Unfortunately, after an enjoyable first half, the script rapidly loses its way in the middle section and becomes increasingly flawed and frustrating, encompassing irritating, poorly conceived twists, extended gags that don't work (including what amounts to a mini Alice Cooper concert) and a disappointing finale. In addition, important characters are often forgotten about and left off-screen for too long and none of the promising plot strands actually go anywhere, while Depp has more chemistry with Pfeiffer than with Heathcote, which rather scuppers the central romance.

**Worth seeing?**

Despite its numerous flaws, Depp and Green ensure that Dark Shadows remains watchable throughout, though it's never quite as much fun as it should have been.

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## DARK SHADOWS COMPETITION

### WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

*Q. DARK SHADOWS REUNITES DIRECTOR TIM BURTON WITH THIS ACTOR. THEY HAVE WORKED TOGETHER ON FILMS SUCH AS, ALICE IN WONDERLAND, CHARLIE AND THE CHOCOLATE FACTORY, SLEEPY HOLLOW, ED WOOD, EDWARD SCISSORHANDS AND BEETLEJUICE. NAME THIS ACTOR*

*A) MICHELLE PFEIFFER*
*B) JOHNNY DEPP*
*C) HELENA BONHAM CARTER*

Send your answer and name, full name, address and a contact phone number to **info@chichesterherald.co.uk.** One lucky winner will be selected at random from all correct entries received by 12pm on 22nd May at midday. The winner will be notified later on that day.

• Last weeks winner is Kelly Mclean, from Birdham.

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## The Gladiators return to Bignor Roman Villa

HISTORY will be coming alive again at Bignor Roman Villa on the 26th and 27th May. Back by popular demand the wonderful Raven Tor historical re-enactors will be demonstrating throughout the weekend. Come along to see Gladiators in action training and fighting. You can also learn about Roman herbs and the influence of religion on day to day life.

Walk amongst the world-class Roman remains and see the exquisite mosaic floors. The villa was a rich working farm in Roman Britain and the land is still farmed to this day by the Tupper family, descendants of George Tupper who discovered the site whilst ploughing in 1811.

There is a large picnic area with stunning views and a tearoom will be serving delicious cakes and cream teas. With access to fabulous countryside walks, plus children's activities and stunning mosaics in the villa there will be something for the whole family.

Saturday 26th and Sunday 27th May, opens 10am – last entry 4pm. Normal admission to the Villa applies. Ample free parking. For further information go to www.bignorromanvilla.co.uk

## Arundel Castle becomes a pirates' paradise

HOIST up the Jolly Roger and dust down the parrot for another exciting Pirates Day at Arundel Castle on Sunday (20 May).

The magnificent 11th century castle is the venue for one of its most popular Living History demonstrations of what it was like to be involved in plunder and skulduggery on the south coast of England in centuries past.

Located on the River Arun, the second fastest tidal flowing river in England, Arundel often hosted many types of law-breakers who dealt in contraband such as tea, port and lace, and who frequently ended up in chains in the country's less glamorous dungeons.

The Pirates Day is being organised by the experienced Living History group, Raven Tor, who will be set up on the Lower Lawns of Arundel Castle. This family day will be an opportunity to find out about the Smugglers of Sussex, and the Pirates who menaced the waters around the world. With the Yarnsmith of Norwich Story Teller, have-a-go fencing, and pirates a plenty demonstrating crafts, weapons and activities of the 18th century, there's something for all to do and see.

The attractions are included in the normal entrance prices to the Castle, its grounds and gardens. For full details visit the website at www.arundelcastle.org

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- **Fri 18 May**: 13.00 The Best Exotic Marigold Hotel, 13.30 Film Course (Slumdog Millionaire); 15.45 Albert Nobbs (15) 113m, 18.15 A Gang Story (15) 102m, 20.30 The Best Exotic Marigold Hotel
- **Sat 19 May**: 13.00 The Best Exotic Marigold Hotel, 15.45 Coriolanus (15) 122m, 18.30 Albert Nobbs, 21.00 A Gang Story
- **Sun 20 May**: 13.00 Coriolanus, 15.30 Albert Nobbs, 18.00 The Best Exotic Marigold Hotel, 20.45 A Gang Story
- **Mon 21 May**: 12.00 The Best Exotic Marigold Hotel, 14.30 Coriolanus, 17.00 A Gang Story
- **Tue 22 May**: 13.00 The Best Exotic Marigold Hotel, 15.45 Albert Nobbs, 18.15 Coriolanus, 21.00 Tiny Furniture (15) 98m
- **Wed 23 May**: 13.00 The Best Exotic Marigold Hotel, 15.15 Tiny Furniture, 17.00 Albert Nobbs
- **Thu 24 May**: 13.00 Albert Nobbs; 15.30 The Best Exotic Marigold Hotel, 18.00 Tiny Furniture; 20.15 In Darkness (15) 145m

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# Saturday TV

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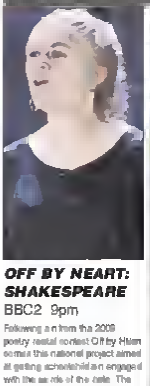
## Choice



***OFF BY HEART: SHAKESPEARE***
BBC2 9pm
Following on from the 2009 poetry recital contest Off by Heart comes this national project aimed at getting schoolchildren engaged with the arts of the state. The documentary follows the regional heats and semi-finals as the organisers, working with the Shakespeare Schools Festival test the young competitors' memory performance and engagement with the language as they perform soliloquies from Romeo and Juliet, Henry V and Hamlet. The one best will take part in the final in Stratford upon-Avon hosted by Jeremy Paxman, as part of the World Shakespeare Festival.

## BBC1

6.00 Breakfast 9.05 Saturday Kitchen Live 10.30 The Diamond Jubilee Armed Forces Tribute 12.40 BBC News Regional News Weather 12.50 British Olympic Dreams 1.20 Triathlon 2.20 Gymnastics 4.20 Regional Programmes 4.50 Formless Celebrities 5.40 BBC News Regional News Weather

6.00 **My Family.** Susan is accused of sexual harassment at work. (R)

6.30 **The Voice UK.** Jessie and Danny's contestants take the stage again and as last week each team will aste a double elimination leaving the members with two ants to take through to the semi-final

8.00 **The National Lottery: In It to Win It.** Quiz show, including the all-important numbers.

8.50 **Charlie.** Tom is reunited with troubled tee ager Alcia Dana

9.00 **Michael McIntyre's Comedy Roadshow.** With Jann Ilkhep, Justin Moorhouse, Sarah Jupp and Terry Alderton. (R)

10.10 **BBC News Weather.**

10.30 **Kevin Bridges – The Story So Far.** A performance from Glasgow's SECC Arena filmed in 2010' National Tour by Ukrate.

11.30 **The Football League Show.** Highlights of the Championship play-off final at Wembley Stadium

12.15 Film. Kevin and Perry Go Large (2000) Comedy, starring Harry Enfield and Kathy Burke.

1.30 Weather News. 1.35 BBC News.

## BBC2

6.00 Cbeebies 7.00 CBBC 12.15 Great British Menu. (R) 12.45 Film. Macbeth (1948) Shakespeare's tragedy directed by and starring Orson Welles. 2.30 Film. Twelfth Night (1996) Shakespeare's comedy starring Imogen Stubbs. 4.40 Flog It! 5.40 Don't Panic! The Dad's Army Story (R)

6.30 **Dad's Army.** Mainwaring tackles a terrorist. (R)

7.00 **You Have Been Watching – David Croft.** Tribute to the TV comedy writer who died in 2001. Known for his work on the sitcoms Dad s Army Allo Allo! Are You Being Served? It Ain't Half Hot Mum and Hi-de-Hi! Narrated by Dilly Barlow. (R)

8.00 **Cutty Sark. National Treasure Reopened.** Updated version of the documentary Mel Brooks and Tim Rice-Oxley following the restoration of the renowned clipper ship after she was ravaged by fire in May 2007.

9.00 **Off by Heart Shakespeare.** Documentary following a national competition to select schoolchildren compete to recite the words of Shakespeare in a test of memory performance and engagement with the language.

10.20 **Qi XL.** Stephen Fry hosts.

11.20 **FILM Hamlet 2.** (2008) Perhaps Certainly starring Steve Coogan.

12.30 Film: A Cock and Bull Story. (2006) Comedy starring Steve Coogan and Rob Brydon. 2.00 Close.

## ITV1

6.00 GTV Mid City 7.25 GTV 8.25 Emily Eats 8.25 ITV News 9.30 Ade in Britain. (R) 10.30 Way the Best House Win. (R) 11.30 Long Lost Family. (R) 12.30 ITV News Weather 12.35 Dotorrents Real Deal. (R) 1.35 Murder She Wrote. (R) 2.40 Film. Columbo: Now You See Him. (1976) Detective drama starring Peter Falk. 4.30 The Hungry Sisters. (R) 5.30 You've Been Framed! (R)

6.00 **Harry Hill's TV Burp.** Classic clips and sketch from previous shows featuring a fight between Mr Blobby and Phil Mitchell, plus Hugh Fearnley-Whittingstal trying his hand at chess and children farming. (R)

6.05 **Regional News; Weather.**

6.00 **ITV News; Weather**

2.00 **Celebrity Who Wants to Be a Millionaire? Congdon Special.** Contestants include Eamon r Holmes and Ruth Langsford, plus Jason McCue/Donnas and hil wife.

6.00 **Vera.** The ugly truth about a former victim's past begins to emerge when the body of a drug dealer washes up on a beach, while Vera copes with revelations at her own. Last in six series.

10.00 **ITV News at Ten; Weather.**

10.40 **FILM: 30,000 BC.** (2008) Prehistoric fantasy adventure, starring Steven Strait.

00 00 The Store ITV News Headlines 2.20 Reel Monsters (R) 3.20 Mentorn UK 3.50 ITV Nightsiteen 5.30 ITV Morning News

## Channel 4

6.15 The Hoots (R) 6.40 The Inuits (R) 7.00 Fireworks on 4 7.30 Fireworks on 4 8.00 Everybody Loves Raymond (R) 8.30 Everybody Loves Raymond (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 Sunday Brunch 12.15 The Big Bang Theory (R) 12.40 The Big Bang Theory (R) 1.15 The Simpsons. (R) 1.45 The Simpsons. (R) 2.20 Film. Bride and Prejudice (2004) Romantic Bollywood-style comedy starring Aishwarya Rai and Martin Henderson. 4.30 Film. Bandslam (2009) Musical starring Gaelan Connel

6.30 **Channle 4 News.**

7.00 **Shaughtiv.** A short docuseem about redcose Weston Chumfrie's gold dentist and cast in the arms.

8.00 **Celebrity Dea; or 9&5 cats** Kelly Price and pair in the gama also trying to guess the value of the mystery amount of money to be £250 000 for her chosen charity.

9.00 **Channle 4 Comedy Gala.** Jessie Jagan a the first annual charity event in aid of Great Ormonli Street Hospital, with the line-up also featuring Lee Evans Michael McIntyre, Jonathan Ross and Keith Lemar

11.35 **The Inbetweeners.** The friends go clubbing in London. (R)

12.10 The Inbetweeners. (R)

12.40 Film: Da Devin Chest (2010) Heiress Comedy drama, starring Paris Hilton. 2.35 Hollyoaks. (R) 4.35 Deal or No Deal. (R) 5.30 Countdown. (R)

## Channel 5

6.00 Milkshake! 10.00 Nude Hollywood 10.10 The Gadget Show: World Tour. (R) 11.10 Emergency Bikes. (R) 12.10 Robson's Extreme Fishing Challenge (R) 1.10 Film. Rules Academy 2 Their First Assignment (1985) Comedy sequel starring Steve Guttenberg. 2.55 Film. The Witches. (1990) Children's fantasy, starring Anjelica Huston. 4.45 Film. Dr Dolittle 2 (2001)

6.00 **Ultimate Police Interceptors.**

6.00 **8 News Weekend.**

7.00 **Cdefe? on 5.** England v West ndies Mark Nicholas presents action from the third day of the First Test of Lord's as the three match series continued.

7.50 **NCIS.** The agents undergo psychological evaluations. (R)

8.50 **Gill Crima Scene Investigation.** A man is found crushed to death in a hotel room. (R)

9.40 **Gill NY** Jo and Lindsay investigate the murder of a successful BrookMyn-born businessman and discover he insisted on maintaining connections with the housing project where he was raised.

10.40 **Law & Order: Special Victims Unit.** A man is found badly beaten in a skip due to car jack.

11.35 **Law & Order: Special Victims Unit.** Detectives try to solve the murder of a celebrityhunt.

12.35 SuperCbans 6.00 Great Artists. (R) 6.50 Rough Guide to Cities. (R) 5.40 Plastic Helpline. (R) 6.10 The Milkshake Show. (R) 5.35 Three's a Friends. (R) 3.40 Penny the Flaring Cat. (R)

## Digital

**ITV2**
4.45 Totally Rowbies Guinness World Records 5.10 Friends 5.40 Mas Talent All Singing All Dancing 6.10 Britain's Got Mas Talent All Stars 21.0 Film Ice Age The Meltdown (2006) 9.00 Film Eagleing Sarah Marshall (2008) 11.10 Keith Lemon's LemonAid

**ITV3**
3.40 Sherlock Holmes: The Eligible Bachelor 5.55 Agatha Christie's Marple 8.00 Doc Martin 9.00 Lewis 11.00 Sherlock Holmes The Eligible Bachelor

**ITV4**
11.00 Live Indian Premier League Cricket. Kings XI Punjab v Delhi DareDevils also Pune Warriors v Kolkata Knight Riders 8.00 The Sweeney 9.00 Film The Game (1997) Thriller, starring Michael Douglas 11.35 Film Eden Lake (2008)

**BBC THREE**
200 Doctor Who 2.10 Doctor Who Confidential 9.00 Aaker Live at the Royal Albert Hall 10.00 Live at the Apollo 11.00 Russell Howards Good News Extra 12.30 Family Guy Best Friends' Episodes

**BBC FOUR**
200 Sarah Parkis 4.00 Lost Kingdoms of Africa: The History of South Africa's Zulu Kingdom 5.50 The Bridge 7.00 Tales of Television Comic

**E4**
6.00 Made in Chelsea 4.15 Charlie's Angels 6.00 How I Met Your Mother 6.30 The Big Bang Theory 7.50 Rules If Engagement 8.00 How I Met Your Mother 9.00 Happy Endings 10.00 Film. Meet the Spartans (2008) 10.45 Rude Tube 11.50 The Big Bang Theory

**FILM4**
2.50 The Truman Show (1998) 4.45 Star Trek: Insurrection (1998) 6.30 Amelie (2001) 8.00 A Time to Kill (1996) Courtroom drama, with Samuel L Jackson and Matthew McConaughey. 11.50 Confessions (2010)

# Sunday TV

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## Choice

***CHANNEL 4'S COMEDY GALA***
Channel 4 9pm
For any true aficionado of the art of stand-up this comedy extravaganza has become a regular event on the calender despite not being only its third year now. The must-see benefit gig-to-end-all-a-benefit gigs once again comes from the Oil in London with all the proceeds going to Great Ormond Street Hospital. A look at the bill will leave your funny-bone with just a smattyon of apprehension for a full-on assault, confirmed acts include such luminaries as Lee Evans, Michael McIntyre and Jo Brand. For fans of up-and-coming acts there's Paul Chowdhury and Nish Dahia plus a music performance by Jessie J

## BBC1

6.00 Breakfast 9.00 The Andrew Marr Show 10.00 The Sunday Questions 11.00 Country Tracks. (R) Weather In the Week Ahead

12.00 **The Andrew Marr Show.** Ed Balls, Baroness Jeasie J rd Danny O'Donoghue plus two more to each

9.00 **Rural Earth Live** Richard Hammond and Julia Bradbury present further wildlife updates, including the progress of Kenyan lion cub Maja and his mum and Bear cubs Freddie and Fern in Minnesota.

8.00 **Death in Paradise.** Richard investigates the murder of a voodoo priestess. (R)

10.00 **BBC News; Regional News Weather**

10.25 **Read I Got a Bit More News for You.** Satirical quiz.

11.10 **FILM Anchorman: The Legend of Ron Burgundy.** (2004) Newsroom comedy starring Will Ferrell.

12.00 Weatherview 12.00 Sign Zone: Ewan McGregor Cold Chain Mission. (R) 1.00 Holby City (R) 2.00 Witness to Auschwitz. (R) 3.15 Antiques Road Trip. (R) 4.00 BBC News.

## BBC2

6.00 Cbeebies 7.00 CBBC 10.00 Africa's Great Mammalian Run Live coverage of the 10km race 10.30 Live Mtch GP The French Open Day Eight Live 1:00pm) 2.00 Boxing 3.30 Athletics Great Manchester City Games Live coverage from the city centre 5.00 Put Your Money Where Your Mouth Is (R) 5.45 Flog It (R)

6.10 **FILM Deep Impact.** (1998) A reporter investigating a suspected misdemeanour stumbles on evidence that a comet is on a collision course with Earth. Sci-fi drama starring Robert Duvall, Tea Leoni and Morgan Freeman.

8.00 **Indian Ocean with Simon Reeve** Simon journeys from Oman to the Maldives where the tropical fish of interest are being damaged by poaching, and one entire island has been turned into a stinking toxic tuna fish dump.

9.00 **Cricket.** The lifestyles and history of some of the most extreme locations in Britain, including the home of Sally Hansworthe Cliff, Devon, also St David's Head, Pembrokeshire. Last in series.

10.00 **FILM Jesus.** (2010) Documentary about a lightops walk between the World Trade Centre towers.

11.30 **Episodes.** Matt buys Sean a sports car. (R)

12.00 Gershwin's House. (R) 12.30 Film. Sugar (2008) Sporting drama, starring Algene Perez Soto. 2.10 BBC News. 4.00 Close.

## ITV1

6.00 GTV Mid City 7.25 GTV 8.25 Emily Eats 8.25 ITV News 9.30 Ade in Britain. (R) 10.30 Way the Best House Win. (R) 11.30 Long Lost Family. (R) 12.30 ITV News Weather 12.35 Dotorrents Real Deal. (R) 1.35 Murder She Wrote. (R) 2.40 Film. Columbo: Now You See Him. (1976) Detective drama starring Peter Falk. 4.30 The Hungry Sisters (R) 5.30 You've Been Framed! (R)

6.00 **Harry Hill's TV Burp.** Classic clips and sketch from previous shows featuring a fight between Mr Blobby and Phil Mitchell, plus Hugh Fearnley-Whittingstal trying his hand at chess and children farming. (R)

6.05 **Regional News; Weather.**

6.00 **ITV News; Weather**

2.00 **Celebrity Who Wants to Be a Millionaire? Congdon Special.** Contestants include Eamon r Holmes and Ruth Langsford, plus Jason McCue/Donnas and hil wife.

6.00 **Vera.** The ugly truth about a former victim's past begins to emerge when the body of a drug dealer washes up on a beach, while Vera copes with revelations at her own. Last in six series.

10.00 **ITV News at Ten; Weather.**

10.40 **FILM: 30,000 BC.** (2008) Prehistoric fantasy adventure, starring Steven Strait.

00 00 The Store ITV News Headlines 2.20 Reel Monsters (R) 3.20 Mentorn UK 3.50 ITV Nightsiteen 5.30 ITV Morning News

## Channel 4

6.15 The Hoots (R) 6.40 The Inuits (R) 7.00 Fireworks on 4 7.30 Fireworks on 4 8.00 Everybody Loves Raymond (R) 8.30 Everybody Loves Raymond (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 Sunday Brunch 12.15 The Big Bang Theory (R) 12.40 The Big Bang Theory (R) 1.15 The Simpsons. (R) 1.45 The Simpsons. (R) 2.20 Film. Bride and Prejudice (2004) Romantic Bollywood-style comedy starring Aishwarya Rai and Martin Henderson. 4.30 Film. Bandslam (2009) Musical starring Gaelan Connel

6.30 **Channle 4 News.**

7.00 **Shaughtiv.** A short docuseem about redcose Weston Chumfrie's gold dentist and cast in the arms.

8.00 **Celebrity Dea; or 9&5 cats** Kelly Price and pair in the gama also trying to guess the value of the mystery amount of money to be £250 000 for her chosen charity.

9.00 **Channle 4 Comedy Gala.** Jessie Jagan a the first annual charity event in aid of Great Ormonli Street Hospital, with the line-up also featuring Lee Evans Michael McIntyre, Jonathan Ross and Keith Lemar

11.35 **The Inbetweeners.** The friends go clubbing in London. (R)

12.10 The Inbetweeners. (R)

12.40 Film: Da Devin Chest (2010) Heiress Comedy drama, starring Paris Hilton. 2.35 Hollyoaks. (R) 4.35 Deal or No Deal. (R) 5.30 Countdown. (R)

## Channel 5

6.00 Milkshake! 10.00 Nude Hollywood 10.10 The Gadget Show: World Tour. (R) 11.10 Emergency Bikes. (R) 12.10 Robson's Extreme Fishing Challenge (R) 1.10 Film. Rules Academy 2 Their First Assignment (1985) Comedy sequel starring Steve Guttenberg. 2.55 Film. The Witches. (1990) Children's fantasy, starring Anjelica Huston. 4.45 Film. Dr Dolittle 2 (2001)

6.00 **Ultimate Police Interceptors.**

6.00 **8 News Weekend.**

7.00 **Cdefe? on 5.** England v West ndies Mark Nicholas presents action from the third day of the First Test of Lord's as the three match series continued.

7.50 **NCIS.** The agents undergo psychological evaluations. (R)

8.50 **Gill Crima Scene Investigation.** A man is found crushed to death in a hotel room. (R)

9.40 **Gill NY** Jo and Lindsay investigate the murder of a successful BrookMyn-born businessman and discover he insisted on maintaining connections with the housing project where he was raised.

10.40 **Law & Order: Special Victims Unit.** A man is found badly beaten in a skip due to car jack.

11.35 **Law & Order: Special Victims Unit.** Detectives try to solve the murder of a celebrityhunt.

12.35 SuperCbans 6.00 Great Artists. (R) 6.50 Rough Guide to Cities. (R) 5.40 Plastic Helpline. (R) 6.10 The Milkshake Show. (R) 5.35 Three's a Friends. (R) 3.40 Penny the Flaring Cat. (R)

## Digital

**ITV2**
4.45 Film. Free Willy (1993) 6.00 Film Happy Feet (2006) 8.00 Benidorm 10.00 The Only Way Is Essex 11.45 The Exclusives 11.00 Film The World Is Not Enough (1999)

**ITV3**
2.40 The Railway Children 4.10 Wycliffe 6.00 Agatha Christie's Marple 8.00 Film Stevine who Son Rise Again (1973) 10.00 Taggart. The Iasme dream into the world 11 and religious sect Last in the series 11.00 Cracker

**ITV4**
11.00 Live allau Premier League Cricket Dercuin Chargers v Rajil Challengers Bangalore and Rajasthan Rajail v Mumbai Indians 8.00 Film The Magnificent Seven Ride! (1972) 10.00 Film A Cinderella Man (2005) 11.00 Film Cooger's Bull (1966)

**BBC THREE**
7.00 World's Craziest Fans 7.30 England's Worst Ever Football Team 8.00 Family Guy Best Friends' Top Two 10.00 Family Guy 10.40 American Dad! 11.30 Shag Marry Avoid?

**BBC FOUR**
2.00 Tales II Television Doctor 9.00 Hotmail 6.50 Film Midnight The Rise to Power of Genghis Khan (Jothi) Historical drama, starring Tchandra Asano 11.00 Timewatch The Secret History of Genghis Khan 11.50 Barry Manilow & the BBC

**E4**
6.00 Glee 4.50 90210 6.30 The Big Bang Theory 6.50 Film Take the Lead (2006) 8.00 Dopesick Housewives 11.50 2 Broke Girls 11.50 Almost in Chelsea

**FILM4**
1.55 Cut Throat Island (1995) 5.20 Notes Live (2010) 7.05 Monster-in-Law (2005) Romantic comedy, starring Jennifer Lopez and Jane Fonda. 8.00 Men in Black (1997) Sci-fi comedy, starring Will Smith and Tommy Lee Jones. 11.35 The Exorcist. (2010) British psychological thriller, starring Rose Cox.

## Monday

**BBC1**
6.00 Breakfast 9.15 Fake Britain 11.00 Homes Under the Hammer 12.00 BBC News; Wea'her 12.55 Cash in the Attic 1.00 BBC News; Weather 1.10 Rangan Hunt (R) 12.30 Chelsea Flower Show 2012 1.00 BBC News; Weather 1.30 Regional News Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News; Weather; Regional News 2.05 CBBC 6.15 Pointless (R) 4.00 BBC News; Weather 4.30 Regional News Programmes; Weather 7.00 The One Show 7.30 Chelsea Flower Show 2012 BBC News; Regional News 8.30 Holby City 9.00 Silk 10.00 BBC News 10.25 Regional News; Weather; National Lottery Update 10.30 Olivier Awards 11.15 Film: Ghost Town (2008) Comedy starring Ricky Gervais 12.50 Weather News 12.55 Sign Zone: The Apprentice 1.10 Hancock (R) 2.50 Antiques Road Trip (R) 3.40 Great British Railway Journeys (R) 4.10 Great British Menu (R) 4.40 BBC News

**BBC2**
6.00 CBeebies 7.00 CBBC 8.00 CBeebies 11.30 BBC World News 12.00 Lucy Pullen 12.15 Hands on Nature (R) 1.30 Instant Restaurant (R) 2.10 Weakest Link (R) 3.00 Her Hunters (R) 3.40 Harry Bikers Best of British (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 TOTP2 7.30 Great British Menu (R) 8.00 Chelsea Flower Show 2012 9.00 Great Comeback Street 10.00 Live Line – with Jane Hedland 10.30 Newsnight; WatWest 11.30 Great Scots Crash with Robert Peston (R) 12.00 BBC News 4.00 BBC Learning Zone

**ITV1**
6.00 Daybreak 4.45 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30 Loose Women 1.30 ITV News; Weather 1.55 Regional News; Weather 2.00 60 Minute Makeover 3.00 Dickinsons Real Deal (R) 3.00 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News; Weather 6.30 ITV News; Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 The Dales 9.30 Cinema on Sunday 10.00 ITV News at 10 10.30 Ten Weather 10.35 Regional News; Weather 10.35 Film: Knocked Up (2007) Romantic comedy starring Seth Rogen and Katherine Heigl 12.55 Jackpot247 ITV News Headlines 1.00 Champions League Weekly 3.30 ITV Nightscreen 4.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

**Channel 4**
6.15 The Hooks (R) 6.40 The Hooks (R) 7.05 Freshly Squeezed 7.35 Accepting Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Undercover Rose Australia (R) 10.00 Location Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 SuperScrimpers Waste Not Want Not (R) 12.35 River Cottage Rules 12.50 Film: How to Steal a Million (1966) Crime comedy starring Audrey Hepburn and Peter O'Toole 2.50 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Channel 4 Presents 8.00 Embarrassing Bodies 9.00 Make Me a Supermodel 10.00 Big Fat Fetish 11.05 Alan Carr: Chatty Man (R) 12.05 4thought tv 12.10 Random Acts (R) 12.15 Rosie 1.35 KOTV Phenty Wrestling 2.35 Boxing Amateur Cup Undercard 2.15 The Grid (R) 2.40 British F3 (R) 3.05 Freegears on 4 (R) 4.00 Real Boardgames (R) 4.30 Speaking Out (R) 4.45 Road to Lahnlein 2012 Paralympics Extra. The British wheelchair rugby team prepares for the Games (R) 5.00 Real Estate Diaries (R) Sporting Mad Ma'tar (R) 5.15 Deal or No Deal (R)

**Channel 5**
9.15 Milkshake! 9.40 The Wright Stuff 11.10 LIVE with 12.10 5 News Lunchtime 12.15 Highland Emergency (R) 12.40 Mexican Food Made Simple (R) 1.15 Home and Away 1.45 Neighbours, 2.15 Law & Order (R) 3.15 Film: Abducted (2007) College Can Be Murder (2007) Murder mystery starring Dea Van Dyke 4.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Derby Great Machines (R) 8 News Update 8.00 War Hero in My Family 5 News at 8 9.00 CSI: Crime Scene Investigation Catherine suspects Corriveau has buried a terrible secret in the past. 10.00 CSI: NY (R) 11.00 CSI: Miami (R) 12.00 SuperCasino 3.05 House Doctor (R) 4.20 Nate's Quest (R)

## Tuesday

**BBC1**
6.00 Breakfast 9.15 Fake Britain 11.00 Homes Under the Hammer (R) BBC News; Weather 11.00 Cash in the Attic BBC News; Weather 11.00 Rangan Hunt (R) 12.30 Chelsea Flower Show 2012 1.00 BBC News; Weather 1.30 Regional News; Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News; WeWeat Regional News 2.05 CBBC 5.15 Pointless 6.00 BBC News; Weather 6.30 Regional News Programmes; Weather 7.00 The One Show 7.30 EastEnders BBC News; Regional News 9.30 Holby City 9.00 Silk 10.00 BBC News 10.25 Regional News; Weather; National Lottery Update 10.30 Olivier Awards 11.15 Film: Ghost Town (2008) Comedy starring Ricky Gervais 12.50 Weather News 12.55 Sign Zone: The Apprentice 1.10 Hancock (R) 2.50 Antiques Road Trip (R) 3.40 Great British Railway Journeys (R) 4.10 Great British Menu (R) 4.40 BBC News

**BBC2**
6.00 CBeebies 7.00 CBBC 8.00 CBeebies 11.30 BBC World News 12.00 Lucy Pullen 12.15 Hands on Nature (R) 1.30 Instant Restaurant (R) 2.10 Weakest Link (R) 3.00 Her Hunters (R) 3.40 Harry Bikers Best of British (R) 4.30 Flog It (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 TOTP2 7.30 Great British Menu (R) 8.00 Chelsea Flower Show 2012 9.00 Great Comeback Street 10.00 Live Line – with Jane Hedland 10.30 Newsnight; WatWest 11.30 Great Scots Crash with Robert Peston (R) 12.00 BBC News 4.00 BBC Learning Zone

**ITV1**
6.00 Daybreak 4.45 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30 Loose Women 1.30 ITV News; Weather 1.55 Regional News; Weather 2.00 60 Minute Makeover 3.00 Dickinsons Real Deal (R) 3.00 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News; Weather 6.30 ITV News; Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 The Dales 9.30 Cinema on Sunday 10.00 ITV News at 10 10.30 Ten Weather 10.35 Regional News; Weather 10.35 Film: Knocked Up (2007) Romantic comedy starring Seth Rogen and Katherine Heigl 12.55 Jackpot247 ITV News Headlines 1.00 Champions League Weekly 3.30 ITV Nightscreen 4.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

**Channel 4**
6.15 The Hooks (R) 6.40 The Hooks (R) 7.05 Freshly Squeezed 7.35 Accepting Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Undercover Rose Australia (R) 10.00 Location Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 SuperScrimpers Waste Not Want Not (R) 12.35 River Cottage Rules 12.50 Film: How to Steal a Million (1966) Crime comedy starring Audrey Hepburn and Peter O'Toole 2.50 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Channel 4 Presents 8.00 Embarrassing Bodies 9.00 Make Me a Supermodel 10.00 Big Fat Fetish 11.05 Alan Carr: Chatty Man (R) 12.05 4thought tv 12.10 Random Acts (R) 12.15 Rosie 1.35 KOTV Phenty Wrestling 2.35 Boxing Amateur Cup Undercard 2.15 The Grid (R) 2.40 British F3 (R) 3.05 Freegears on 4 (R) 4.00 Real Boardgames (R) 4.30 Speaking Out (R) 4.45 Road to Lahnlein 2012 Paralympics Extra. The British wheelchair rugby team prepares for the Games (R) 5.00 Real Estate Diaries (R) Sporting Mad Ma'tar (R) 5.15 Deal or No Deal (R)

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**BBC1**
6.00 Breakfast 9.15 Fake Britain 11.00 Homes Under the Hammer (R) BBC News; Weather 11.00 Cash in the Attic BBC News; Weather 11.00 Rangan Hunt (R) 12.30 Chelsea Flower Show 2012 1.00 BBC News; Weather 1.30 Regional News; Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News; Weather; Regional News 3.05 CBBC 5.15 Pointless 6.00 BBC News; Weather 6.30 Regional News Programmes; Weather 7.00 The One Show 7.30 Chelsea Flower Show 2012 BBC News; Regional News 8.00 DIY SOS The Big Build 8.00 The Apprentice 10.00 BBC News; 10.25 Regional News; Weather 10.35 The National Lottery Wednesday Night Draws 10.45 Film: Surrogates (2009) Premiere Sci-fi thriller starring Bruce Willis, Rosamund Pike 12.10 Weakest Link 12.10 Sign Zone: Say Hear 12.48 The 70s (R) 1.00 Great Ormond Street (R) 2.45 Chaplains Angels at Norway (R) 2.00 Postcode Lottery (R) 4.00 Great British Menu (R) 4.30 BBC News

**BBC2**
6.00 CBeebies 7.00 CBBC 8.00 CBeebies 11.30 BBC World News 12.00 Lucy Pullen 12.15 Hands on Nature (R) 1.30 Instant Restaurant (R) 2.10 Weakest Link (R) 3.00 Her Hunters (R) 3.40 Harry Bikers Best of British (R) 4.30 Flog It (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 TOTP2 7.30 Great British Menu (R) 8.00 Chelsea Flower Show 2012 9.00 The Great British Story: A People's History 10.00 Inspectors 10.30 Newsnight 11.00 Weather 11.00 Grill The Chef 12.00 The Great British Menu (R) 12.30 Later with Jools Holland 1.10 Tales (R) 2.30 BBC News 4.40 Close

**ITV1**
6.00 Daybreak 8.00 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30 Loose Women 1.30 ITV News; Weather 1.55 Regional News; Weather 2.00 60 Minute Makeover 3.00 Dickinsons Real Deal (R) 3.00 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News; Weather 6.30 ITV News; Weather 7.00 Emmerdale 7.30 The Unforgettable Dudley Moore 8.00 Lewis 10.00 ITV News at Ten; Weather 10.30 Regional News Weather 10.35 Sooner Ad 2012 11.05 The Undergrown Hattie Jacques (R) 11.35 Total Emergency (R) 12.35 Jackpot247 ITV News Headlines 12.40 Film: Hellboy II: The Golden Army (2008) Sensational adventure starring Ron Perlman 4.30 ITV Nightscreen 5.00 ITV News

**Channel 4**
6.00 The Hooks (R) 7.05 Freshly Squeezed 7.35 Accepting Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Undercover Rose Australia (R) 10.00 Location, Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 SuperScrimpers Waste Not Want Not (R) 12.35 River Cottage Rules 12.50 Film: Hellboy II: The Golden Army (2008) Sensational adventure starring Ron Perlman 2.50 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Channel 4 Presents 8.00 Secret Eaters 9.00 24 Hours in A&E 10.00 The Simpsons 10.55 2 Broke Girls 11.20 Dee Reynolds: Addicted 12.25 4thought tv 12.30 Random Acts (R) 12.35 Paralympics World Cup Highlights 1.35 Music on 4 Spotlight 3.40 Music on 4 Drive Blind 4.10 Music on 4 4Play Soz Corinthians 2.15 Music on 4 4Play The Heartbreaks 2.25 Music on 4 Mercury Prize Readings (R) 2.00 Music on 4 Launched at Pink But Studies (R) 2.45 Weekly Fullz? (R) 2.55 SI Elsewhere (R) 3.40 Smallville (R) 4.25 The Astronomer's Sun (R) 4.30 Deal or No Deal (R) 5.25 Countdown (R)

**Channel 5**
9.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with 12.10 5 News Lunchtime 12.15 Highland Emergency (R) 12.45 Mexican Food Made Simple (R) 1.15 Home and Away 1.45 Neighbours 2.10 Law & Order (R) 3.15 Film: Abducted (2007) College Can Be Murder (2007) Murder mystery starring Dea Van Dyke 4.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Derby Great Machines (R) 8 News Update 8.00 War Hero in My Family 5 News at 8 9.00 CSI: Crime Scene Investigation Catherine suspects Corriveau has buried a terrible secret in the past. 10.00 CSI: NY (R) 11.00 CSI: Miami (R) 12.00 SuperCasino 3.05 House Doctor (R) 4.20 Nate's Quest (R)

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6.00 Breakfast 9.15 Fake Britain 11.00 Homes Under the Hammer (R) BBC News; Weather 11.00 Cash in the Attic BBC News; Weather 11.00 Rangan Hunt (R) 12.30 Chelsea Flower Show 2012 1.00 BBC News; Weather 1.30 Regional News; Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News; Weather; Regional News 3.05 CBBC 5.15 Pointless 6.00 BBC News; Weather 6.30 Regional News Programmes; Weather 7.00 The One Show 7.30 EastEnders BBC News; Regional News 8.00 Planet Earth Live 9.00 Natural Treasures: Jubilee Specials 10.00 BBC News 10.25 Regional News; Weather 10.30 Question Time 11.35 The Week 12.00 Holiday; Weatherwise 12.25 Sign Zone: Eurovents Only Secret Panorama (R) 12.00 Celebrityte (R) 1.00 Antiques Roadshow (R) 2.00 Very Wars Out of Africa (R) 3.50 Great British Menu (R) 4.00 BBC News

**BBC2**
6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News 12.00 Lucy Pullen 12.00 Hands on Nature (R) 1.30 Instant Restaurant (R) 2.10 Weakest Link (R) 3.00 Her Hunters (R) 3.45 Harry Bikers Best of British (R) 4.30 Flog It (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 Top of the Pops 2 – Stripped 7.30 Great British Menu 8.00 Chelsea Flower Show 2012 9.00 The Great British Story: A People's History 10.00 Inspectors 10.30 Newsnight 11.00 Weather 11.00 Grill The Chef 12.00 The Great British Menu (R) 12.30 Later with Jools Holland 1.10 Tales (R) 2.30 BBC News 4.40 Close

**ITV1**
6.00 Daybreak 8.00 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30 Loose Women 1.30 ITV News; Weather 1.55 Regional News; Weather 2.00 60 Minute Makeover 3.00 Dickinsons Real Deal (R) 3.00 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News; Weather 6.30 ITV News; Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Lewis 9.00 Scorer Ad 10.00 ITV News at Ten; Weather 10.30 Regional News; Weather 10.35 Sooner Ad 2012 11.05 The Undergrown Hattie Jacques (R) 11.35 Total Emergency (R) 12.35 Jackpot247 ITV News Headlines 12.40 Film: Hellboy II: The Golden Army (2008) Sensational adventure starring Ron Perlman 4.30 ITV Nightscreen 5.00 ITV News

**Channel 4**
6.00 The Hooks (R) 7.05 Freshly Squeezed 7.35 Accepting Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Undercover Rose Australia (R) 10.00 Location, Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 SuperScrimpers Waste Not Want Not (R) 12.35 River Cottage Rules 12.50 Film: Hellboy II: The Golden Army (2008) Sensational adventure starring Ron Perlman 2.50 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Channel 4 Presents 8.00 Secret Eaters 9.00 24 Hours in A&E 10.00 The Simpsons 10.55 2 Broke Girls 11.20 Dee Reynolds: Addicted 12.25 4thought tv 12.30 Random Acts (R) 12.35 Paralympics World Cup Highlights 1.35 Music on 4 Spotlight 3.40 Music on 4 Drive Blind 4.10 Music on 4 4Play Soz Corinthians 2.15 Music on 4 4Play The Heartbreaks 2.25 Music on 4 Mercury Prize Readings (R) 2.00 Music on 4 Launched at Pink But Studies (R) 2.45 Weekly Fullz? (R) 2.55 SI Elsewhere (R) 3.40 Smallville (R) 4.25 The Astronomer's Sun (R) 4.30 Deal or No Deal (R) 5.25 Countdown (R)

**Channel 5**
9.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with 12.10 5 News Lunchtime 12.15 Highland Emergency (R) 12.40 Chinese Food in Minutes (R) 1.15 Home and Away 1.45 Neighbours 2.10 Law & Order (R) 3.15 Film: Abducted (2007) Drama starring Adam Arkin 4.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Cricket on 5 5 News Update 8.00 Mega Buffets 5 News at 8 9.00 The Mentalist 10.00 Castle Holiday-maker return to find a dead man in their home 10.00 Law & Order Criminal Intent Logan and Wheeler hunt an unlikely assassin (R) 11.00 Inside Hollywood (R) 12.00 SuperCasino 3.00 Motorsport Mundial 4.20 Divine Designs (R) 5.10 Weekly SOS (R)

## Friday

**BBC1**
6.00 Breakfast 9.15 Fake Britain 11.00 Homes Under the Hammer (R) BBC News; WeWeat 11.00 Cash in the Attic (R) BBC News; Weather 11.00 Rangan Hunt (R) 12.30 Chelsea Flower Show 2012 1.00 BBC News; Weather 1.30 Regional News; Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News; Weather; Regional News 3.05 CBBC 5.15 Pointless 6.00 BBC News; Weather 6.30 Regional News Programmes; Weather 7.00 The One Show BBC News; Regional News 8.00 EastEnders 8.30 Would I Lie to You? 9.00 Have I Got News for You 9.30 Michael McIntyre's Comedy Roadshow (R) 10.00 BBC News 10.20 Regional News; Weather 10.30 The Graham Norton Show 11.00 The National Lottery Friday Night Draws 11.30 The Mail Loves Awards (R) 12.00 EastEnders 2.00 Weatherwise 4.00 Sign Zone Silk (R) 5.00 Question Time (R) 4.00 Great British Menu (R) 4.30 BBC News

**BBC2**
6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News 12.00 Lucy Pullen 12.00 Hands on Nature (R) 1.30 Instant Restaurant (R) 2.10 Weakest Link (R) 3.00 Her Hunters (R) 3.45 Harry Bikers Best of British (R) 4.30 Flog It (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 Top of the Pops 2 – Stripped 7.30 Great British Menu 8.00 Chelsea Flower Show 2012 9.00 The Great British Story: A People's History 10.00 Inspectors 10.30 Newsnight 11.00 Weather 11.00 Grill The Chef 12.00 The Great British Menu (R) 12.30 Later with Jools Holland 1.10 Tales (R) 2.30 BBC News 4.40 Close

**ITV1**
6.00 Daybreak 8.00 Lorraine 9.00 The Jeremy Kyle Show 10.30 This Morning 12.30 Loose Women 1.30 ITV News; Weather 1.55 Regional News; Weather 2.00 60 Minute Makeover (R) 3.00 Dickinsons Real Deal (R) 3.00 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News; Weather 6.30 ITV News; Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Pete Mingo's Life Stories Jimmy Tarbuck 10.00 ITV News at Ten; Weather 10.30 Regional News Weather 10.35 Sooner Ad 2012 11.05 Film: Bank Wes (1999) Sci-fi thriller starring Renata Anderson 12.00 The Stars ITV News Headlines 12.05 Film: The Three Musketeers (1974) Swashbuckling adventure sequel starring Oliver Reed 4.40 ITV Nightscreen 5.30 ITV News

**Channel 4**
6.00 Milkshake! 9.15 The Hooks (R) 6.40 The Hooks (R) 7.05 Freshly Squeezed 7.35 Accepting Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Undercover Rose Australia (R) 10.00 Location, Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 SuperScrimpers Waste Not Want Not (R) 12.35 River Cottage Rules 12.50 Film: The Devil at Four O'Clock (1961) Adventure starring Spencer Tracy 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.25 Channel 4 Presents 8.00 Pete Spencer Sells Agent 8.00 The Hoarder Next Door 10.00 24 Hours in A&E 11.00 The Secret Millionaire (R) 12.05 4thought tv 12.10 Random Acts (R) 12.15 Paralympics World Cup Highlights 1.15 Extreme AXE (R) 2.15 Unexpected World (R) 2.30 Reading the Rainforest – Cash vs Cards Channel 4 Dispatches (R) 3.05 Hollen Talent (R) 4.00 Deal or No Deal (R) 4.55 Glamour Puds (R) 5.25 Countdown (R)

**Channel 5**
9.00 Milkshake! 9.10 The Wright Stuff 11.10 LIVE with 12.10 5 News Lunchtime 12.15 Highland Emergency (R) 12.40 Chinese Food in Minutes (R) 1.15 Home and Away 1.45 Neighbours 2.10 Law & Order (R) 3.15 Film: Abducted (2007) Drama starring Adam Arkin 4.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Cricket on 5 5 News Update 8.00 Mega Buffets 5 News at 8 9.00 The Mentalist 10.00 Castle Holiday-maker return to find a dead man in their home 10.00 Law & Order Criminal Intent Logan and Wheeler hunt an unlikely assassin (R) 11.00 Inside Hollywood (R) 12.00 SuperCasino 3.00 Motorsport Mundial 4.20 Divine Designs (R) 5.10 Weekly SOS (R)



## This week's crossword - Clues

**Across**

1 Amaze (8)
5 Hastened (4)
9 Harbour (4)
10 Item of bestery (6)
11 Concur (5)
12. Nourish (7)
13 Give the show away (5,3,5)
18. Categorise (6)
19 Jet (4)
20 Issue (7)
21 Arms or legs (5)
22. Look for (4)
23. Slushed (8)

**Down**

2. Temporary substitute (7)
3. Ingredient of porridge (7)
4. Avoid committing oneself (3,2,3,5)
6. FleWer (7)
7. Stabbing weapons (7)
8. Sacred beatle (6)
13 Prosperity (7)
14 Fancy (7)
15 Girl (5)
16. Building (7)
17 Eminent (7)

## Last week's solution

ACROSS 1 BREAD 4 BRUTAL 9 [illegible] 10 GLADDEN 11 EAGLE 12 FALSE 14 START 16 COACH 19 REFUSAL 21 ACCOMMODATING 22 ENSURE 23 PLEASE

DOWN 1 BRIDGE 2 EXTRAVAGANCES. 3 SOLID 5 RETREAT 6 TRAVELLER 7 ON 8 LESSEN 6 MEANT 13 SCHEMER 15 SCRAPE 16 PRIOR 17 SLIGHT 20 FRAIL

# Food & Drink

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## Milk wastage 'increasing emissions'

MILK poured down kitchen sinks every year creates a carbon footprint equivalent to thousands of car exhaust emissions, according to a new study.

Scientists say 360,000 tonnes of milk are wasted in the UK each year, creating greenhouse gas emissions amounting to 100,000 tonnes of carbon dioxide.

The University of Edinburgh study said this is the same number emitted by about 20,000 cars annually.

Researchers looking into the environmental impact of food production said eating less meat and cutting down on food waste would save significant greenhouse gas emissions. They also suggest the food industry could reduce emissions by seeking more efficient ways to use fertilisers.

Dr David Reay, of the university's School of GeoSciences, who led the study, said: "Eating less meat and wasting less food can play a big part in helping to keep a lid on greenhouse gas emissions as the world's population increases."

Researchers also said halving the amount of chicken consumed in the UK and other developed countries to levels eaten in Japan could cut greenhouse gas emissions equivalent to taking 10 million cars off the road.

## M&S launches 'SIMPLY M&S' - new M&S quality food label at great value prices

MARKS & SPENCER has launched 'Simply M&S', a range of everyday food products and must-have kitchen ingredients that offer M&S quality at great value prices.

Designed so that customers can do even more of their weekly shopping at M&S, the new range is part of the retailer's food strategy to offer customers more choice – whether they are shopping for speciality or everyday food.

Complementing M&S's leading position on innovation and newness, the range brings 800* new and current** lines – including fresh meat, fruit and vegetables, eggs, milk and store cupboard ingredients – together under one, easy to recognise label.

Hundreds of prices have been lowered and many new products added so that customers can buy more of their weekly shop from M&S. Prices will be independently checked by Brandview.co.uk*** every week to ensure that Simply M&S products are competitively priced.

There is no compromise on M&S quality or sourcing standards. For example all eggs are free range, all sausages and bacon are British and all tea and coffee Fairtrade.

John Dixon, Executive Director of Food at M&S, said: "M&S customers come to us for great quality food they can trust – whether shopping for special occasions or for every day eating. We will continue to focus on delivering this through innovation and newness and also offering great value. "Simply M&S helps us to achieve just this – and increases choice for our customers across everyday food products. It complements our existing ranges and highlights the superb quality and value of M&S Food under one clear brand."

Simply M&S packaging is easy to identify, with most of it being transparent to highlight the great quality of the products and the design is themed around shopping list style labelling.

An extensive marketing campaign using the strapline 'M&S quality now at prices you'll love' will support the brand and includes TV advertising which breaks tomorrow (12th May).

Simply M&S products will be represented in all M&S stores. To find out more please visit see our Simply M&S content on M&S TV – www.marksandspencer.com/tv – and M&S Stories – www.marksandspencer.com/stories.


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## Local deli delights its customers

### The Boutique Deli at Russells Garden Centre in the running for top national award!

RUSSELL'S GARDEN CENTRE in Birdham is no stranger to success, they already have an award winning restaurant and have won a clutch of awards over the last 10 years. However even they are surprised to have been nominated for Deli of the Year 2012 after only 8 months of trading.

Owner, Lesley Phillips is delighted with the news; "Great food has always been a passion but when we opened the Deli back in August we had no idea just how popular it would be. To know that our customers value what we do so much, that they've nominated us for a national award, is really humbling, I couldn't be more thrilled".

The Boutique Deli at Russell's Garden Centre has an ethos of quality local food with a commitment to animal welfare, where possible they seek out local gems and producers with inspiring stories to ensure their customers are served the best. However Lesley knows that there is stiff competition from Deli's across the United Kingdom "I think we have something really special here at Russells but now we need our customers and friends to actually vote for us!"

To register your vote for Russells Garden Centre Deli simply visit www.delioftheyear.co.uk or pop into the Deli and complete a voting card.

Russells Garden Centre, restaurant and deli – Birdham. Tel: 01243 512525. www.russellsgardencentre.co.uk

Also check out their Friday special offers for fans on Facebook!

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# How to fight off those aches and pains!

Denise Kelly

ON SATURDAY I embarked on a 40k organized walk from Goodwood racecourse across the South Downs' It was a treat from a fab friend so we could spend a whole day together, taking in the stunning views and putting the world to rights as well as raising money for charity (We didn t stop chatting for nearly 10 hours ) It was a perfect day, as the weather was fantastic and the sun was shining. There was just one thing I had forgotten before embarking on the day, and that small detail was how slow this friend actually walked! When the walk began we were hyped up to go over the start line and I started marching off realizing a few seconds later that she was way back. Obviously I wanted for her and she said, "I don't power walk, I just like to take my time!"

As someone who does everything at a 100 mile an hour this was hard to take. We had 40k ahead of us, and I was going out that evening! Of course as we got into the walk I realised that she had the correct idea! We enjoyed all the views, stopped for drinks and snacks at every water hole and thoroughly enjoyed every second of the day. However, walking at a graceful pace, covering that amount of miles was quite hard on the feet and the legs and I wasn t quite prepared for the aches I felt the next day.

It got me thinking about what I could use for the discomfort I was feeling and then I remembered Willow Bark. A really old fashioned remedy, but a great one for many ailments!

What are the benefits of Willow Bark and how is it available?

Willow Bark is available in herbal/health food stores in the form of dry bark pieces, extracts, pills, capsules, powders, tinctures and teas. Most commonly, White Willow Bark is used for therapeutic purposes.

Studies and researches identify that Willow Bark has many purposes! This is the extensive list:

It's Anti inflammatory, antipyretic, antiseptic, anti-oxidant, analgesic, and immune boosting! Wow! Therefore, it has been used in the treatment of a number of minor to severe ailments such as headache, toothache, backache, osteoarthritis, PMS, menstrual cramps, muscular pains and strains, cardiovascular disorders, cuts, wounds, burns, colds, flu, fever, and rheumatory and inflammatory disorders, i.e. bursitis, arthritis, painful articular (joint) conditions, carpal tunnel syndrome and tendinitis. This herb is a gem and due to its nutritional and healing properties many European countries (Germany, France, England) have approved Willow Bark for pain and rheumatic conditions. Also its extract has been approved by the European Scientific Cooperative on Phytotherapy (ESCOP) to be used in the treatment of mild rheumatic disorders, pain and fever.

Therefore, regular consumption of Willow Bark extract that contain salicon may be beneficial for back, neck and muscle pains as well as for fevers associated with cold and flu. A German study shows that people with osteoarthritis who took Willow Bark extract for two weeks had 14% reduced pain levels. So, for people who have mild to medium rheumatic disorders and are at risk of Osteoarthritis, taking White Willow Bark extract can, and has been reported to suppress the progression and onset of the disease. It's an amazing herb, but as always do your own research to see if this particular product is for you as it is important to know that there are some warnings regarding Willow Bark too. It should be avoided if you are allergic to aspirin since both of them share the same key ingredient- salicin. It is not recommended for nursing and pregnant mothers, people with chronic ulcers, Crohn's disease, colitis, kidney disease, and asthma as well as for children under 12. If you are taking herbs such as Ginkgo and Garlic, or any Diuretic, Platelet Inhibitors, Anticoagulants or are on any medication that contains Bismuth Subsalicylates, Nonsteroidal Anti-Inflammatory Drugs (NSAIDS), Metoclopramide, and Carbonic anhydrase inhibitors, you should not take Willow Bark in any form.

See what it can do for you!

**Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk**

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# NHS introduces 'named midwife' plan

MOTHERS will receive one-to-one care from a named midwife during labour and birth as part of Government plans to combat postnatal depression.

Women who have a miscarriage or stillbirth and parents who are forced to cope with the death of a baby will also be offered increased support from the NHS.

Under the new plans, health workers will be given enhanced training so they can spot the early signs of postnatal depression which leaves mothers feeling low and struggling to look after a child.

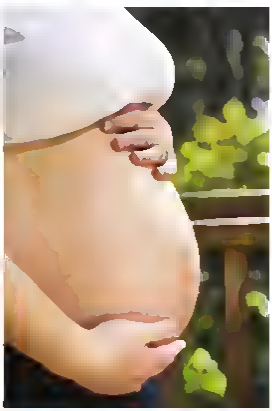
The move was welcomed by the Royal College of Midwives (RCM) and parenting forums as a positive step.

Cathy Warwick, chief executive of the RCM, termed the pledges "very good news" for women and midwives.

"These are positive plans from the Government targeting areas of maternity care that are under prioritised and under-resourced," she said. "The impact of a miscarriage or a stillbirth can be devastating for the woman and her family and, postnatal depression can be a crippling and sometimes fatal illness. Early detection and treatment is crucial.

"It is also excellent to see an intention to ensure that long standing NHS commitments, such as one to one care in labour and choice about where and how women give birth, become a reality for all women."

According to the RCM, 5,000 more midwives would be needed to deliver the care proposed.



Justine Roberts, co-founder of Mumsnet, welcomed the renewed support but said a sustained effort was needed to ensure mothers benefit from the changes.

"Sadly there are many experiences shared on Mumsnet of women not getting the best care when they need it," she said. "The announcement that services provided during miscarriage are to be monitored is a real advance towards identifying best and worst practice and therefore towards improving the care received."

# Get Fit for Summer Event.

**Meet our experts at our FREE event and discover the best ways to get fit for the summer. WITH NUFFIELD HEALTH CHICHESTER!**

**WEDNESDAY 23RD MAY 9AM –3PM**

# NO JOINING FEE & REST OF MAY FREE ON ALL MEMBERSHIPS!*

## GET READY FOR SUMMER EVENT WITH NUFFIELD HEALTH CHICHESTER!

**Wednesday 23rd May 9am -3pm**

Ah the summer..... Everything seems better when the sun is out, when it bothers to grace us with its presence that is. Summer is a time for holidays, days out and barbeques, and with everyone wearing a bit less and doing a bit more than in those dark, cold winter months, we tend to think more about our health and fitness.

With that in mind, on Wednesday 23rd May the team at Nuffield Health Fitness & Wellbeing Centre in Chichester will be holding a special 'Get Fit for Summer' event to help support people to get in shape and keep them fit and healthy this summer. Just drop in any time from 9 – 3pm when the event will be taking place. The fitness team will be officially launching this summer's group exercise timetable, offering free advice and taster fitness sessions to anyone who comes along on the day.

A physiologist will be performing body composition testing and hydration analysis and Nuffield Health personal trainers will be offering free consultations with a focus on showing people how they can achieve their pre-summer health and fitness goals in just six weeks.

The event will take place at Nuffield Health Fitness & Wellbeing Centre Chichester, Chichester Gate (Off Stockbridge Road), PO19 8EL. There is no need to book for more information on the event please call 01243 788678 or visit the clubs Facebook site: www.facebook.com/NuffieldHealthChichester

Nuffield Health Chichester offer fantastic fitness facilities including fully air conditioned gym, 20 metre heated pool, over 50 fitness classes and fully trained staff. All memberships include the Get Healthy, Get Fit, Get Rewarded Scheme which can gives over £100 worth of rewards for getting healthier and fitter! For rewards go to Nuffieldhealth.com/rewards

*Joining offer only applicable on the day of the Event. For full membership terms and conditions please go to www.website. Event open to people aged 16 years and over. Free use of all facilities available on the day.

Nuffield Health

## Nuffield Health's Top Tips for a Happy, Healthy Summer:

**H**20 – keeping hydrated is vital! You should aim to drink 6-8 glasses of water a day

**E**at Well – a balanced diet will get your body healthy from the inside out

**A**ction – to boost your metabolism, all you need to do is get moving! If you can walk, don't drive; if there are stairs, don't take the lift

**L**ittle and Often – take regular, achievable steps to improve your wellbeing. Remember, the tortoise won the race, not the hare.

**T**ry Something New – shake up your normal routine and step out of your comfort zone: try a new fitness class, or go veggie for the week.

**H**ave a Laugh – laughter boosts the immune system and lowers blood pressure.

**Y**awn – getting a good night's sleep is essential for your physical, mental and emotional wellbeing, making you healthy, happy and stress free.

# Fashion

GOT ANY FASHION TIPS?
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## Sarah Jessica Parker's Baguette For Daughters

SARAH JESSICA PARKER is saving her Fendi Baguettes for her twin daughters for when they get older

The stylish actress - who has two-year-old twins Tabitha and Marion with husband Matthew Broderick as well as nine-year-old son James - likes - has two original iconic bags and is keeping them in pristine condition so she can hand them down to her girls when they're older

She said: "I recently archived both [my original] Baguettes to keep them in pristine condition. Now that I have two daughters, they can each have one.

Sarah Jessica says she will always have a soft spot for the Baguette as it was the "first important" item to be loaned to her when she played Carrie Bradshaw in Sex and the City.

She wrote in a new book entitled 'Fendi Baguette': "Having the Fendi Baguette was a very big deal, and the gateway to everything else. It really opened the floodgates and influenced the storyline - especially Carrie's habit of spending more money on fashion than her home. The Baguette became a staple of Carrie's wardrobe and character.

# Vogue vows to use 'healthy models'

VOGUE is looking to ban underage models and those with eating disorders in favour of "healthy models" in all 19 international editions of the magazine.

"We will be ambassadors for the message of healthy body image," reads Condé Nast's lofty new "health initiative," which hopes to ensure that Vogue models "are well cared for and educated in ways that will encourage and help them to take care of themselves, addressing as many of the pressing issues relating to ill health in the industry as can realistically be tackled."

While the pact has been lauded as a step in the right direction for the fashion industry, critics are questioning whether its vague language – what is "healthy" to Vogue, anyway? – means little will change on the magazine stands.

Here are the main edicts in Conde Nast International's agreement with Vogue editors announced Thursday:

• Vogue will "not knowingly work" with models under age 16 or "who appear to have an eating disorder." It will instead hire models who, "in our view, are healthy and help to promote a healthy body image."

• The magazine will ask agents "not to knowingly send an underage girls." Casting directors will now be tasked with checking IDs.

• Vogue will launch mentoring programs between older models and younger ones.

• Producers will be asked to better working conditions backstage, including "healthy food options and a respect for privacy." Additionally, "we will encourage casting agents not to keep models unreasonably late."

• Vogue will "encourage designers to consider the consequences of unrealistically small sample sizes" which encourages the use of extremely thin models."

Writing for New York magazine, Charlotte Cowles wondered: "Many of these rules seem vague (and what, exactly, are the consequences for breaking them?)."

Still, with this announcement and a handful of runway initiatives, the tide may be slowly turning on extremely thin models. Earlier this year, the Israeli government passed an "anti-skinny-model law", Italy and Spain, meanwhile, have banned runway models who fall below a certain body mass index level.

In 2007, the Council of Fashion Designers of America adopted voluntary measures pushing healthier work environments and age requirements during New York Fashion Week.

# Jessica Simpson set to launch maternity fashion range

JESSICA SIMPSON has revealed her new range of maternity wear in collaboration with Destination Maternity.

"I'm so excited to partner with Destination Maternity to design a collection of fashionable styles that make you look and feel great,' the Fashion Star mentor reportedly said in a statement released on Monday.

"You want to wear clothes that are flattering to your baby bump, you want to show your bump off,' Jess allegedly added.

Reports say the 31 year-old's clothing line will hit US store Macy's, Motherhood Maternity and Destination Motherhood, in the Autumn.

President of Destination Maternity apparently said, "It was natural for us. She's very well known for style and fashion."

Jess, who gave birth recently has previously expressed her hopes for daughter Maxwell to follow in her stylish footsteps. "I swear, I will crack if she asks me for a pair of Nikes instead of Christian Louboutins," Jess once told Elle magazine.

# Great British Fashion Stamps!

THIS WEEK saw the launch of some Great British stamps with a distinctly fashionable appearance. Leading fashion photographer Solve Sundsbo and the Royal Mail have teamed up to create a selection of 10 fashion stamps showcasing the best of the British Fashion Industry. Celebrating the last 60 years of post-war fashion, the stamp collection has been unveiled in honour of the Olympics and the Jubilee.

Michael Johnson, the creative director of London-based graphic designers Johnson Banks, who created the stamps, explained the reasoning behind the absent models, "it's hard to make clothes look interesting if no one's wearing them. On a tailor's dummy they seem flat and lifeless. On the other hand, we didn't want models or celebrities to distract from the design, which is what we are celebrating. For example, there's a great photo of Ringo Starr wearing a classic Tommy Nutter suit in the Seventies, but you just think, 'there's a great photo of Ringo' and don't look at the suit."

If you fancy getting your hands on all of the stamps the Royal Mail has put together a presentation pack which also includes an illustrated history of British fashion design, written by the London College of Fashion's Professor Amy de la Haye, priced £5.10. The stamps are available from all Post Office branches and from www.royalmail.com/stamps

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# Home & Garden

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# Post flowering care for spring bulbs

## What to do with your daffodils, tulips and crocuses now they've flowered by Jo Golesworthy

THE PETALS have dropped, the flowers have withered and the foliage is taking up a lot of good gardening space. It's tempting to take the whole lot back to ground level in order to let the early summer flowers shine in the sunlight, however there's a little more that needs to be done in order to ensure a healthy, radiant bloom next spring.

> "This will give your early summer flowers a chance to thrive and grow as the May weather continues to warm up"

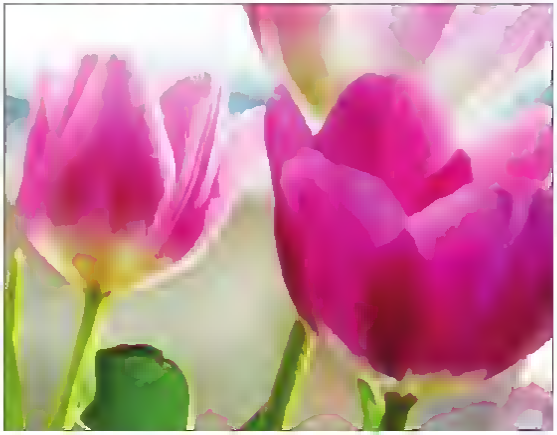
Some daffodils are still in flower. The tiny tete-a-tete are still doing their thing but the majority of daffs have sprouted, flowered and are now starting to look a bit tatty. With a sharp pair of secateurs remove the head close to the top of the flowering stalk. Leave the remaining stalk and foliage to dry out a little if possible. If there mess is just too much then carefully go through the clump of bulbs, removing any rotting leaves, and tie the individual flowers into knots. The bulbs need the foliage to stay in order to feed the plant for next year however delicately knotting the leaves will ensure that the garden looks tidy and the leaves are out of the way.

The wind and rain has ensure that any remaining tulip petals are well and truly grounded. The tall erect stalks still remain and again should not be removed as these help feed next years plants. Depending on your planting plant, the bulbs can either be removed from the ground and discarded, or stored to replant in autumn. If keeping, store in a cool dark place that's not too dry as this will cause them to die. If you plan to leave them in the ground prune once the leaves have turned yellow and wilted back. Cut the stalk back to the base.

Crocuses, snowdrops and muscari are the most straight forward of the spring bulbs. They require minimal after care. Simply let the foliage die back, which it will do quite quickly as they are so small and prune back to the ground once they have died.

This will give your early summer flowers a chance to thrive and grow as the May weather continues to warm up.

**Jo Golesworthy**
**Horticultural artist, gardener, writer and designer**
**If you have any queries, questions or quandaries related to gardening or are looking for someone to work in, or advise you on your garden do drop me an email at jgolesworthy@hotmail.com**



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JLS recently rocketed their already stellar success to even greater heights with the launch of their third album Jukebox. Fresh off the back of their hugely successful Sport Relief 2012 single PROUD, Aston, Marvin, Oritsé and JB are primed and ready to backflip their way into the nation's hearts once more with this brand new stage tour
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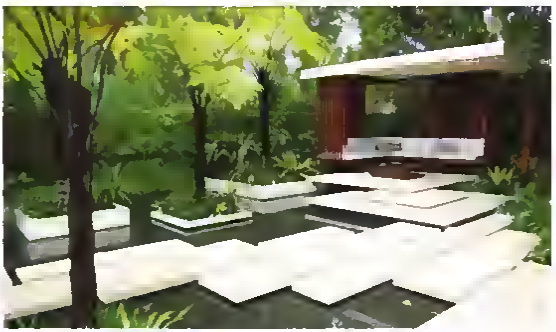
# The Royal Chelsea Flower Show is more popular than Coldplay



TICKETS to the annual flower show are changing hands for six times their original face value, leaving indie band Coldplay languishing behind ahead of their stadium shows later this month.

All of the show's 157,000 tickets sold out last week, with day passes for the event, which went on sale for £45, changing hands online for up to £300.

Searches on Viagogo UK for tickets to the Chelsea Flower Show are exceeding those on the same site for Coldplay's sell out shows at the Emirate (the second most sought after event on the site) by five to one.

The Chelsea Flower Show has been held in the grounds of the Chelsea Hospital every year since 1913, apart from gaps during the two World Wars. It used to be Britain's largest flower show (it has now been overtaken by Hampton Court), but is still the most prestigious. It is the flower show most associated with the royal family, who attend the opening day every year.

Facts
- It takes 25 days to put the entire show up
- Number of exhibitors at first Chelsea – 244
- Current exhibitors' total – 550
- Hillier Nurseries holds the record for the greatest number of Chelsea Golds – 66 and counting...

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or email office@coastguardsproperty.co.uk

## Feature Property

WESTGATE £410,000

A Grade II listed period cottage located just outside the city walls The cottage has a garage with electric door and back pedestrian access from this to the garden Many original features including ceiling beams and fireplaces are visible The Main bedroom is on the ground floor and has en suite facilities There is a further bedroom and a study which are accompanied by the main bathroom The property further enjoys a Southerly facing patio garden to rear
Gascoigne Pees Chichester T 01243 787711 E. chichester@gpens.co.uk

## Feature Property

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Baxendale Road, Chichester

A modern 2 bedroom ground floor flat to rent from the beginning of June 2012 The property is ideal for young professionals situated just minutes walking distance to the hospital and 10 minutes from the city centre The property comprises of a large double room with built in wardrobes and en-suite shower room, an additional double bedroom with built in wardrobes, a spacious bathroom with separate shower and bath a large light and airy open plan lounge area linked with the kitchen fully equipped with all white goods Other features include, Gas central heating, buzzer system entry, one allocated parking space, neutrally decorated throughout, modern furniture The property is available on a fully furnished basis ideal for sharers, professionals, and/or couples

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Rombolds Close, Chichester

Five bedroom available to let in the 4 bedroom student house available to let from early July 2012, sharing with three other like students The property is located on a popular student street just a 10 minutes walking into the city centre and a 20 minute walk to the University The property is fully furnished with parking available outside the property The property comprises of a good size lounge/dining room,, a fully equipped kitchen with entrance to the garage for storage

Longford Road, Bognor Regis

VIEWING HIGHLY RECOMMENDED Stunning 4 bedroom student property within minutes walking distance of the BRC campus, Bognor town centre and the train station. The property is currently being completely refurbished throughout which include a brand new central heating system, full decoration, new carpets, new kitchen, WC and Bathroom. The property will be finished to a very high standard including all furnishings. The property benefits from three large double bedrooms all with double beds and one single room. Other features include a large, modern walk in shower, an additional WC on the ground floor and a separate communal area complete with a flat screen TV on the wall. The property has a good size back garden with a shed for the storage of bikes etc

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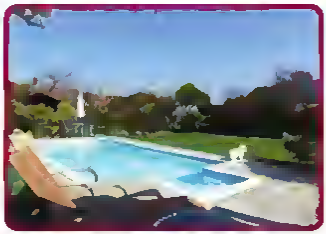
**ALDWICK** **£650,000**

An imposing detached Tudor style house situated on a plot approx a third of an acre within half a mile of the beach and shops. G.F.H., d/glazing with leaded lights, cloakroom, triple aspect lounge opening to a garden rm, dining rm, fitted kitchen with attached conservatory/breakfast rm, utility rm, four bedrms, refitted bathrm and shower rm, playrm (potential for ground floor bedrm and en suite), gardens with heated swimming pool.



**ALDWICK BAY ESTATE** **£725,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H. u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens, including a secluded courtyard garden with heated swimming pool.

**ALDWICK** **£495,000**

A detached house situated in a small private marine estate, just one row back from the private beach. The accommodation would benefit from a programme of internal modernisation & some refurbishment. G.F.H. u.P.V.C. d/glazing & fascias, lounge, dining room, gr II bedroom/third reception rm, kit/breakfast rm, utility rm, shower/storage rm, cloakrm, master bedrm with dressing rm & en suite shower rm, two further dble bedrms, bathrm, double garage, gardens to three sides.

**ALDWICK** **£349,950**

A detached Georgian style house situated in a cul-de-sac within half a mile of shopping facilities and approx. 1/4 of a mile to the beach. G.f.h. u.P.V.C. dble glazing, cloakroom, dual aspect living room, a dual aspect fitted kit/breakfast rm, four bedrooms, bathroom, garage and a South facing rear garden.

**NYETIMBEK** **£310,000**

A detached cottage situated approx half a mile from shopping facilities and beach. G.F.H., double glazing, dual aspect lounge, dining room opening to a sun room, kitchen, utility room with cloakroom, master bedroom with en suite shower room, second bedroom, bathroom, garage. South East facing rear garden, parking for two cars and a caravan on the frontage.

**PAGHAM** **£235,000**

A detached two bedroom bungalow situated in a residential location around 400 yards from the beach and local shops. G.F.H., u.P.V.C. dble glazing, u.P.V.C. fascias & soffits, dual aspect lounge, full width double glazed conservatory, fitted kitchen, shower room with large cubicle, timber garage & gardens including a paved rear garden with freestanding caravan (hobbies room).

**ALDWICK** **£159,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas f.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area.

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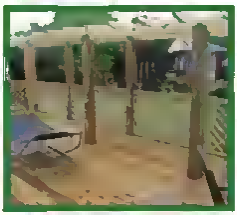

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# Motors

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## Volkswagen introduces standard DAB radio from Polo to Phaeton

VOLKSWAGEN is tuning in to customer demand and fitting DAB radios as standard on all models from the Polo to the Phaeton, giving buyers not only a wider choice of radio stations but also a higher quality of sound.

The change means all 2013 model-year Volkswagens, from the Polo to the Phaeton, will be ready for the UK's switch to digital radio. Digital radio not only offers listeners clear, crackle-free sound, but it also gives them a bigger choice of radio stations than is available through conventional FM or AM broadcasts alone. Listening options range from specialist music stations to comedy, current affairs and, of course, the all-important cricket coverage.

Naturally, all of Volkswagen's audio systems will still be able to pick up conventional FM or AM analogue radio signals, as well as play audio CDs (including MP3 files), while every model in the Volkswagen range comes with an aux in socket, to allow the connection of external audio devices such as an iPod or MP3 player.

To make the most of the higher quality of digital audio, every model from the Polo S upwards now comes with at least six speakers (the majority of models have eight speakers), connected to a standard RCD 310 audio unit or better.

## Pageant of Power gains confirm Bond in Motion line-up

JAMES BOND fans visiting the Cholmondeley Pageant of Power will be left shaken and stirred at this year's event, as organisers have confirmed that a thrilling line-up of genuine Bond cars will be on display. In association with the National Motor Museum, Beaulieu, who are hosting the Bond in Motion exhibition that celebrates 50 years of the iconic British spy's presence on the silver screen, the 2012 Pageant will showcase some of the machinery that starred alongside Pierce Brosnan.

Cars on show during the three-day event will include the Aston Martin V12 Vanquish from DIE ANOTHER DAY. Featuring in the 20th Bond film, the car featured an 'Adaptive Camouflage' cloaking system, which allowed it to become invisible to the naked eye at the push of a button. The Vanquish was also equipped with a generous quota of Bond gadgetry, including twin .50-calibre autocannons, rocket projectiles, dorsal target-seeking shotguns, and a passenger ejector seat – in homage to the original Aston Martin DB5.

Also on show at the 2012 Pageant will be the Jaguar XKR and Ice Dragster driven by Bond villains Zao and Gustav Graves in DIE ANOTHER DAY, and the beautiful BMW Z8 from THE WORLD IS NOT ENOUGH.

The 2012 Pageant's 007 celebration is a satellite exhibition of Beaulieu National Motor Museum's 'Bond in Motion' season, which features many of the most famous Bond cars from the last 50 years. The exhibition is currently a major highlight of the museum's celebrated automotive collection.

"We've announced many new additions for the Pageant of Power in 2012, and I believe that the Bond car celebration will be one of the most popular and memorable," said James Hall, Event Director for the Cholmondeley Pageant of Power. "I can't guarantee that we'll be able to fire anyone from an ejector seat or launch any missiles, but crowds will certainly be wowed by these stunning cars."

Alongside the Bond car celebration, visitors to the 2012 Pageant will also be treated to a 50th anniversary celebration of the seminal AC Cobra, as well as the appearance of a range of aero-engined cars such as the BMW 'Brutus' – featured on the most recent series of BBC2's Top Gear.

Now in its fifth year, the Cholmondeley Pageant of Power will take place on the Cholmondeley Estate in Cheshire from 15 to 17 June. A full event schedule and list of participants will be announced over the coming weeks, as Pageant organisers continue to reveal exciting new additions and features for 2012.

To buy tickets or find further information, visit cpop.co.uk. For further information on Beaulieu National Motor Museum's 'Bond in Motion' exhibition, visit beaulieu.co.uk.

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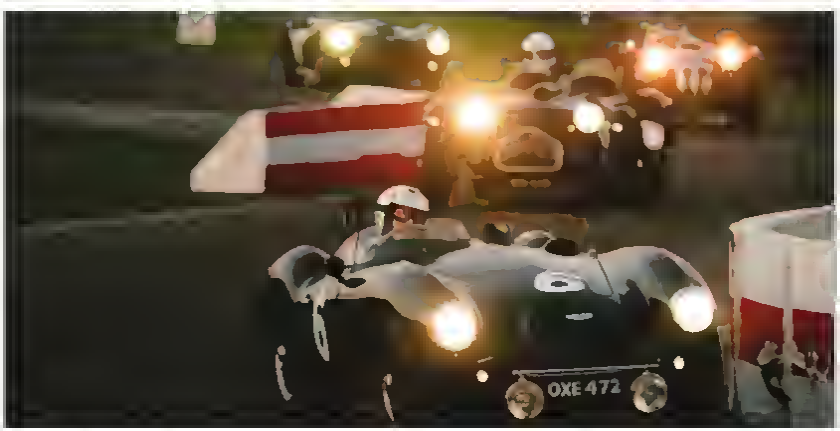
Motorsport

# Night racing returns

TO MARK the 60th anniversary of the first Goodwood Nine Hours race, this year's Freddie March Memorial Trophy will be a 90-minute, two-driver race into the twilight, for cars of a type that contested the legendary race from 1952 until the 1955. This race will feature a fabulous collection of classic 1950s sports-racing cars in the spirit of the Goodwood Nine Hours races, such as the Jaguar C-type, Aston Martin DB3 and DB3S, Austin-Healey 100S, Ferrari 750 Monza, Allard and HWM

The Nine Hours race was arguably the most distinctive race in Goodwood's history. To recreate one of the Revival's most memorable tribute races, the Freddie March Memorial Trophy will run to a 90-minute endurance race format for only the second time since 2008, extending into the dusk on Friday evening (14 September)

Special permission has been granted to extend the racing longer into the Friday evening than normal, bringing back to Goodwood the magical sight of 1950s sports cars racing in the autumnal twilight with headlamps ablaze, just as they did in period It promises to remain one of the most unforgettable races at the Revival to date.




The original Nine Hour International sports car race at Goodwood attracted the top works teams of the day, such as Jaguar and Aston Martin, plus some exotic entries from Italy and Germany The race began at 3pm and continued to midnight, creating the evocative spectacle of sports cars racing from sunshine to sunset to moonlight, just as at the world-famous Le Mans 24 Hour race.

Along with the Easter Monday Formula 1 race, the Nine Hour race was Goodwood's flagship event of the season, establishing the motor circuit as an International sports car venue and giving rise to the equally famous Goodwood Tourist Trophy when the nine-hour format changed to a shorter three-hour race

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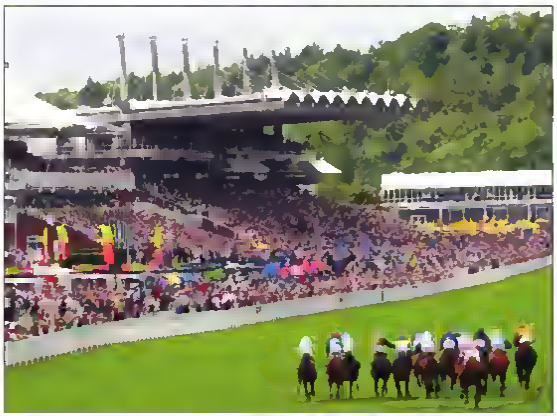
Horse Racing

# Trophy on display

## The iconic derby trophy on display at Goodwood for the May Festival



THE ICONIC trophy for the Investec Derby, known as the greatest flat race in the world and the first event of this year's Diamond Jubilee celebrations, will be on display at Goodwood Racecourse on Friday 25th May, as part of their three day May Festival

Goodwood Racecourse is staging the May Festival – three days of back to back high quality racing – for the first time in many years that will include the four listed races the Cocked Hat, Height of Fashion, Festival Stakes and Tapster Stakes and total prize money over the three days of 300k.

The Cocked Hat Stakes is seen as crucial to many trainers as previous winners have gone on to participate in the Derby at Epsom Downs Racecourse on the first Saturday in June

The trophy, designed by Charlie Langton and created by Bond Street silversmith's Asprey's, was commissioned in 2010. The circular shape of the trophy represents the unique 'Winner's Enclosure at Epsom whilst the winning names of the previous 232 runnings of the race are engraved in the middle of the trophy

Adam Waterworth, Managing Director of Goodwood Racecourse commented "It is very exciting that the iconic Investec Derby Trophy will be at Goodwood on Friday I am sure our race-goers will enjoy seeing it on display as well as the spectacular racing that is on offer over the three days"

## Sussex County Football League

### DIVISION 1

| Team | P | W | D | L | F | A | GD | PTS |
|---|---|---|---|---|---|---|---|---|
| THREE BRIDGES | 38 | 28 | 5 | 5 | 75 | 37 | 38 | 89 |
| LANCING | 38 | 26 | 8 | 4 | 88 | 37 | 51 | 86 |
| RYE UNITED | 38 | 26 | 6 | 6 | 99 | 44 | 55 | 84 |
| HASSOCKS | 38 | 22 | 8 | 10 | 85 | 38 | 31 | 72 |
| PEACEHAVEN & TELS | 38 | 21 | 8 | 9 | 83 | 51 | 32 | 71 |
| FAGHAM | 38 | 21 | 8 | 9 | 83 | 54 | 29 | 71 |
| LINGFIELD | 38 | 20 | 8 | 10 | 90 | 56 | 34 | *65 |
| AFC UCKFIELD | 38 | 16 | 7 | 15 | 71 | 72 | -1 | 55 |
| EAST GRINSTEAD TOWN | 38 | 17 | 4 | 17 | 71 | 77 | 6 | 55 |
| REDHILL | 38 | 16 | 6 | 16 | 85 | 68 | 17 | 54 |
| SIDLEY UNITED | 38 | 15 | 5 | 18 | 45 | 60 | 15 | 50 |
| SELSEY | 38 | 13 | 5 | 20 | 68 | 75 | 13 | 44 |
| CROWBOROUGH ATHLETIC | 38 | 12 | 7 | 19 | 59 | 82 | 13 | 43 |
| WORTHING UNITED | 38 | 10 | 12 | 16 | 63 | 91 | 28 | 42 |
| RINGMER | 38 | 11 | 7 | 20 | 50 | 62 | 12 | 40 |
| HORSHAM YMCA | 38 | 10 | 3 | 25 | 53 | 79 | -26 | 39 |
| ARUNDEL | 38 | 10 | 8 | 20 | 59 | 88 | 29 | 38 |
| SHOREHAM | 38 | 9 | 9 | 20 | 65 | 93 | 28 | 36 |
| ST FRANCIS RANGERS | 38 | 2 | 13 | 23 | 49 | 87 | -47 | 19 |
| CHICHESTER CITY | 38 | 4 | 3 | 31 | 36 | 105 | 69 | 15 |

### DIVISION 2

| Team | P | W | D | L | F | A | GD | PTS |
|---|---|---|---|---|---|---|---|---|
| EAST PRESTON | 34 | 29 | 3 | 2 | 124 | 34 | 90 | 90 |
| HAILSHAM TOWN | 34 | 24 | 8 | 4 | 86 | 34 | 52 | 78 |
| DORKING WANDERERS | 34 | 21 | 6 | 7 | 80 | 48 | 32 | 69 |
| LITTLEHAMPTON TOWN | 34 | 15 | 12 | 7 | 67 | 39 | 28 | 57 |
| LOXWOOD | 34 | 17 | 4 | 13 | 65 | 60 | 3 | 55 |
| EASTBOURNE UNITED AFC | 34 | 15 | 8 | 11 | 54 | 49 | 5 | 53 |
| SEXHILL UNITED | 34 | 16 | 5 | 13 | 60 | 64 | -4 | 53 |
| SOUTHWICK | 34 | 12 | 12 | 10 | 44 | 40 | 4 | 48 |
| STORRINGTON | 34 | 11 | 8 | 15 | 62 | 59 | 3 | 41 |
| MILE OAK | 34 | 12 | 4 | 18 | 58 | 65 | -10 | 40 |
| RUSTINGTON | 34 | 10 | 10 | 14 | 52 | 68 | -16 | 40 |
| WESTFIELD | 34 | 9 | 10 | 15 | 58 | 73 | -15 | 37 |
| STEYNING TOWN | 34 | 9 | 8 | 17 | 54 | 74 | -20 | 35 |
| WICK | 34 | 9 | 6 | 19 | 40 | 70 | -30 | 33 |
| MIDHURST & EASEBOURNE | 34 | 10 | 4 | 20 | 62 | 102 | -40 | *33 |
| LITTLE COMMON | 34 | 8 | 8 | 18 | 53 | 69 | -16 | 32 |
| SEAFORD TOWN | 34 | 9 | 4 | 21 | 47 | 64 | -17 | 31 |
| OAKWOOD | 34 | 5 | 12 | 17 | 44 | 87 | -43 | 27 |

### DIVISION 3

| Team | P | W | D | L | F | A | GD | PTS |
|---|---|---|---|---|---|---|---|---|
| NEWHAVEN | 30 | 22 | 4 | 4 | 94 | 32 | 62 | 70 |
| SALTDEAN UNITED | 30 | 21 | 7 | 2 | 88 | 26 | 62 | 70 |
| PEACE COTTAGE VILLAGE | 30 | 22 | 1 | 7 | 94 | 44 | 50 | 67 |
| BARNHAM | 30 | 19 | 3 | 8 | 91 | 44 | 47 | 60 |
| BROADBRIDGE HEATH | 30 | 17 | 5 | 8 | 67 | 43 | 24 | 56 |
| FOREST | 30 | 15 | 5 | 9 | 63 | 50 | 13 | 51 |
| FERRING | 30 | 14 | 4 | 12 | 51 | 56 | -5 | 46 |
| ROTTINGDEAN VILLAGE | 30 | 14 | 3 | 13 | 53 | 71 | -18 | 45 |
| UCKFIELD TOWN | 30 | 10 | 10 | 10 | 60 | 61 | -1 | 40 |
| IFIELD EDWARDS | 30 | 10 | 5 | 15 | 50 | 60 | -10 | 35 |
| BOSHAM | 30 | 9 | 6 | 15 | 45 | 58 | -13 | 33 |
| HURSTPIERPOINT | 30 | 9 | 6 | 15 | 45 | 61 | -16 | 33 |
| TD SHIPLEY | 30 | 10 | 1 | 19 | 49 | 78 | -29 | 31 |
| CLYMPING | 30 | 5 | 3 | 22 | 34 | 96 | -65 | 18 |
| HAYWARDS HEATH TOWN | 30 | 3 | 7 | 20 | 29 | 69 | -40 | 16 |
| ROFFEY | 30 | 2 | 5 | 23 | 33 | 102 | -69 | 11 |

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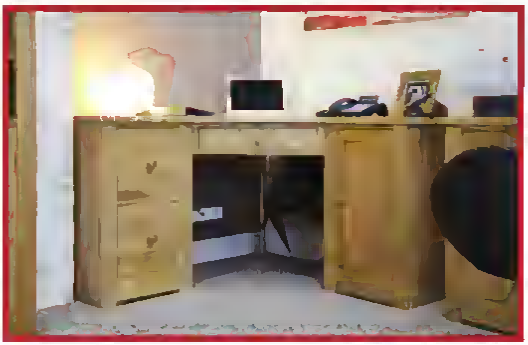

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